

# Men'sHealth

# BELLY

# OFF

2016

# GUIDE

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5 Weeks!

# STRIP AWAY FAT!

**GET BACK IN SHAPE  
— FOR GOOD**

## GOODBYE GUT!

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ARMS!  
CHEST!**

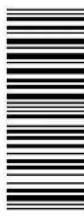
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Men'sHealth

# BELLYOFF

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**“It’s made me a healthier person and it makes me feel like a man – a damn good one”**

*WH Stander*



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GAINED A  
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PACK**  
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AND LOST

**19kg**  
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**“Living well is motivation in itself”**

*Steve Neofitou*

**“It’s not just a body change – it’s a mental change, and there are a lot of health benefits to that”**

*Thsekedl Rammutla*



DROPPED  
**three  
pant  
sizes**  
IN 12 WEEKS!



2013 BELLYOFF!  
COMPETITION WINNER  
BUILT HIS

**BEACH  
BODY**  
IN 12 WEEKS!



**“I’ve beaten back pain and asthma with this plan”**

*Anru Nel*

# Men's Health

BELLY OFF! GUIDE 2016

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# Men's Health

# BELLY OFF!

# GUIDE 2016

FROM THE EDITORS OF MEN'S HEALTH MAGAZINE

## Take Your Body Back

This guide is your blueprint for getting the fit, healthy body you want. As a member of the *Men's Health* Belly Off! Club, we'll be with you every step of the way.

**R**

Right now, you're holding this guide in your hands, flipping through the pages, trying to get inspired to do something about your weight. You want motivation, advice. Look no further. This is exactly the handbook for you.

With this *Men's Health* Belly Off! Guide, you'll have the power to transform yourself, body and mind. Simply by picking up this guide, you've already taken a crucial first step in the right direction. Follow the advice within its pages and you'll be able to realise your goals and make health, fitness and nutrition a part of your everyday life (instead of just those first few hopeful weeks of January). This guide is loaded with the latest research to help you obliterate your bad habits, and maximise your weight loss potential. You'll learn the exercise moves that will blast your body fat and boost your metabolism. You'll find the foods to eat, how and when to eat them. And you'll discover the fat-burning secrets that will help you reach your goals efficiently and effectively.

The structure of this guide is simple but powerful. In **Part 1: Join the Belly Off! Club** you'll read true stories of real men - guys just like you - who made the decision to get into shape. Learn from their hard-earned lessons, and be inspired by their success. **Part 2: Lose Your Gut!** builds on that, by giving you practical, easy-to-follow advice on how to lose weight... and keep it off. We'll show you what's holding you back, and open up the road to your success. **Part 3: Ramp Up Your Workouts** is where the fun starts. We've handpicked fat-shredding workouts that will give you the results you're looking for. Our three-phase plan will attack the flab that's holding you back, and help you build strength and reveal your best body ever. But none of those body-changing workouts would be useful without the right fuel. That's where **Part 4: Fuel Your Fat Loss** comes in. Here we provide you with exactly what you need when the urge to snack strikes.

This Belly Off! Guide offers you motivation, advice and real-life solutions - no matter how old you are. In short, it's your blueprint for a lifetime of fitness.

All you need to do is read on.

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# JOIN THE BELLY OFF! CLUB

PART

1

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# Meet the Belly Off! All-Stars

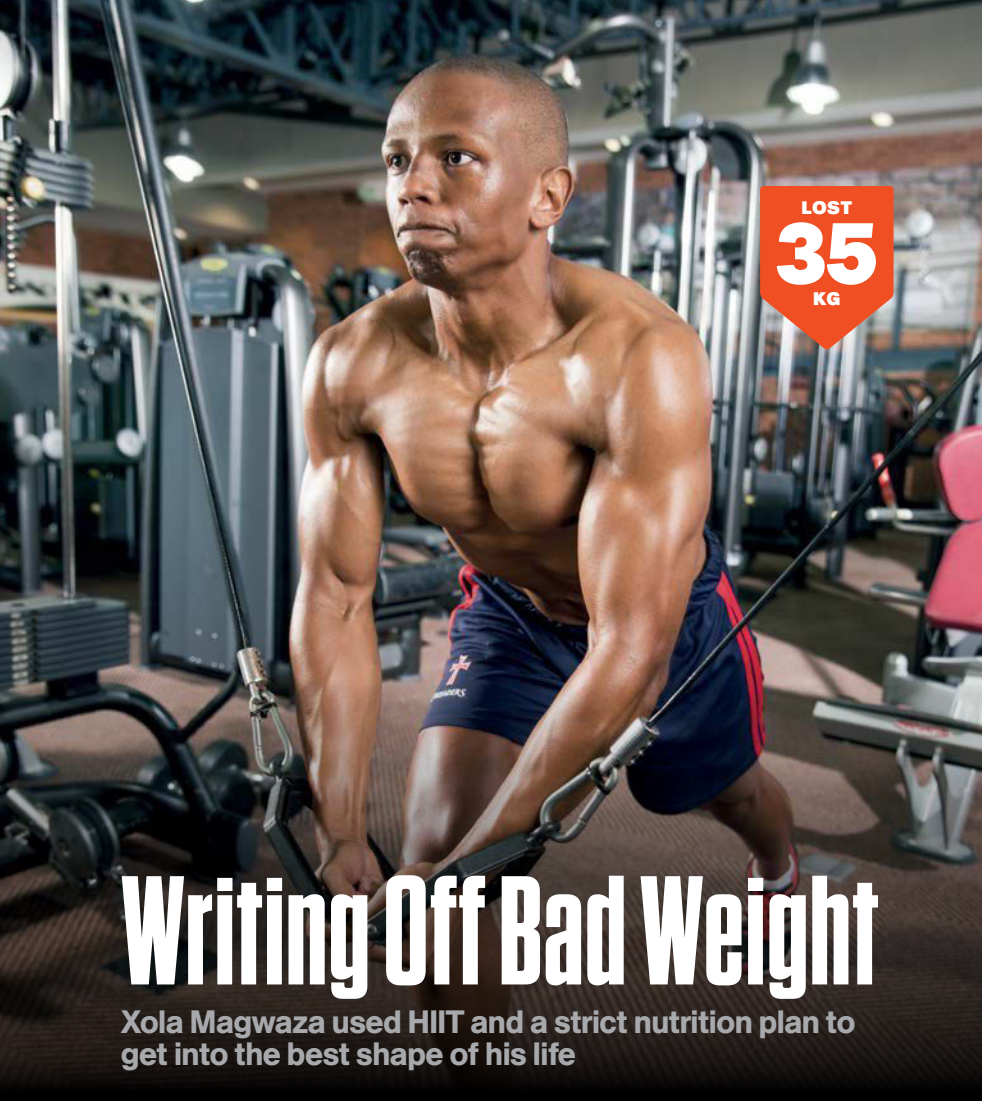
Need some inspiration for your fitness comeback? Start with these guys. The nine men on these pages are just like you: real men with real lives... and a real desire to get into shape

BY ARTHUR JONES



**Y**OU'LL MEET ALL KINDS OF MEN in the Belly Off! Club, guys from different backgrounds, of different ages, and from towns and cities across South Africa. But they all have one thing in common: a desire to get into shape, and the willpower to reach their weight-loss goals. ■ Take the eight guys on the following pages, for example - they all took a different route to their end goal, but they all got there in the end - and they're all determined to stay there. Learn from their lessons, and use their stories as your motivation to get back into shape. ■ Before long, you'll be joining them in the pages of our next Belly Off! Guide





# Writing Off Bad Weight

Xola Magwaza used HIIT and a strict nutrition plan to get into the best shape of his life

## THE BELLY OFF! CLUB



**AGE**  
26

**LOCATION**  
Sandton

**OCCUPATION**  
Sports Writer

**HEIGHT**  
1.70m

**WEIGHT BEFORE/AFTER**  
110kg / 75kg

**TIME TO GOAL**  
26 months

**THE GAIN** After I was diagnosed with severe asthma and forced to give up on my dreams of becoming a pro soccer player, I gradually became a couch potato. Completely unaware that I was eating far more than the average person should, I ate my way to 110kg. I also wasn't getting any exercise, and I managed to pack on 33% body fat in the process.

**THE CHANGE** I just reached breaking point. Something in me clicked and I stopped feeling sorry for myself. I took "before" pictures of my body, did all my measurements and set goals that I felt were attainable. I got a big wakeup call when I looked at pictures from my teen years; I realised it was going to be a mission to get into shape, but I was determined to make it happen.

From that moment on, I knew my lifestyle had to change.

**THE STRATEGY** My dietician, Jenny Meyer, made a plan that suited my needs and lifestyle. I gave up all forms of junk food, cake, sweets and sugary juices for a full year - and I'm still going strong. I started learning about weightlifting and cardio exercises, to make sure that what I was eating complemented what I was doing in the gym. I stuck to a rigid bodybuilding style of training, going to the gym six times a week and using HIIT for 45 minutes each session. What was also crucial was the timing of my meals, and what I ate before and after gym. Now, I prefer eating six or seven times a day: either four full meals and three snacks, or vice versa. Supplements also played a

## WHAT IS HIIT?

High-Intensity Interval Training (HIIT), also called High-Intensity Intermittent Exercise (HIIIE) or Sprint Interval Training (SIT), is a form of interval training that uses alternating periods of anaerobic exercise with recovery periods. These sessions can vary from four to 30 minutes and come with huge benefits, building muscle and speeding up your metabolism, burning fat, improving energy systems and turning you into a better all-round athlete. There are a number of kinds of HIIT, the famous ones are known as regimens (some examples are the Timmons regimen and the Peter Coe regimen) but the most popular is Tabata, created by Professor Izumi Tabata: 20 seconds of exercise followed by 10 seconds of rest, repeated eight times (which covers a total of four minutes). You can use this routine in almost any kind of training.

role, although I kept it simple, with whey protein before gym and BCAAs during (and sometimes after) sessions.

**THE REWARD** I can finally wear some of the clothes that have been catching dust in my cupboard for years. I stopped making excuses for not swimming, and now feel more confident when I go to the beach. I aim to bring the same mindset and dedication to other areas of my life.

**THE RESULT** I've lost 35kg and dropped 18% body fat. At one point, my jeans were a 40 and some of my shirts were up to XXL. Today, I'm rocking size 30 pants with medium tops, I'm fitter than I've ever been and my girlfriend loves the fact that I don't have to wear the same clothes over and over.



# Back to His Best

Sarvesh Govinder overcame a broken back to lose a colossal 121kg

## SAVE YOUR SPINE

Use these exercises from back specialist Dr Ellis Friedman. Do them as a group, one set of each twice a day:

**1 / Three-Position Sit-Up** Lie on your back with your knees bent, feet flat, and your hands next to your eyes. Lift your torso 10 to 15 degrees off the floor, pause, then repeat at 30 degrees and at the top of your sit-up. Do 30 to 50 reps.

**2 / Swimmer's Backstroke** Lie face-up on the floor with knees bent and feet flat. Crunch forward, lifting your shoulders as high as you can. Keeping your chest high, perform a backstroke one arm at a time, allowing your torso to twist. Repeat for 45 seconds, alternating arms.

**2 / Superman** Lie facedown with your arms extended in front of your head. Simultaneously lift your arms, shoulders, chest and legs off the floor as high as you can. Hold for 5 to 10 seconds; then lower and repeat. Do 20 to 30 reps.

## THE BELLY OFF! CLUB



**AGE**  
26

**LOCATION**  
Cape Town

**OCCUPATION**  
Financial Accountant

**HEIGHT**  
1.70m

**WEIGHT BEFORE/AFTER**  
214kg / 93kg

**TIME TO GOAL**  
Almost 4 years

**THE GAIN** I was always a big kid and I grew up accepting it. I played sport at school, but was never as fit as my teammates. I started gaining more weight towards the end of high school but didn't see it as a problem. Once I started at college things got out of hand; junk food became a staple along with two new hobbies, drinking and smoking. I couldn't find clothes to fit me and before I knew it I was over the 200kg mark. At 22 I was obese, hypertensive and borderline diabetic.

**THE CHANGE** It happened just like in the movies. I was walking back from a meeting and stopped in front of a mirror. For the first time in my life I truly saw myself and all the conversations with doctors and family finally made sense.

**THE STRATEGY** I went cold turkey. I stopped drinking, smoking, cut out all junk food, sweets and the biggest culprit: fizzy drinks and juices. I started eating proper meals and drinking up to three litres of water a day. Things were going really well until I hit the 150 kilogram mark - I had reached my plateau and had to start adding in an exercise routine. I started walking and jogging lightly in the beginning, and within weeks I was back on track. In 2011, I had to have spinal surgery - I had four herniated disks from all the years of being overweight and the added impact of playing sports with all that bulk. It was a tough period to get through, but with the help of my family and pure determination I soldiered on.

**THE REWARD** Fitting into normal clothes is a simple pleasure that I will always treasure. I've been given a new life and I'm going to make the best of it. Today I'm a fitness freak, I gym at least three times a week, run twice a week and try to fit in some MMA classes if there's time.

**THE RESULT** I lost a total of 121kg, my waist went from a size 54 to a 34 to 36 and my shirt size went from 4XL to a medium. I have my confidence back and I'm dedicated to living healthily. I want to help people to achieve their goals because it isn't easy and help isn't always freely available. I really owe a big thank you to my family and friends who have supported me on my journey. To all of those who think it's impossible, it's not!



## THE BELLY OFF! CLUB



AGE  
29

LOCATION  
Cape Town

OCCUPATION  
Chartered Accountant

HEIGHT  
1.88m

WEIGHT BEFORE/AFTER  
180kg / 115kg

TIME TO GOAL  
Almost 36 months

# Following His Heart

**Rikus Visser recovered from a heart attack scare to lose 65 kilograms and redefine his health**

**THE GAIN** I was morbidly obese from a very young age. I was a good sportsman, but always justified to myself that I looked and felt just fine when I wasn't. The real damage happened after school when I left to study at Stellenbosch. It became all about partying and eating the wrong things and with the lack of a balanced lifestyle my weight shot out of control. Before I knew it, I was clocking in at a morbidly obese 180 kilograms. I had lied to myself for years and justified why I was so big, but now there was no way I could justify the number on the scale.

**THE CHANGE** I made the decision to change my life. I'm an avid golfer and it was one Sunday afternoon on the 17th hole that I got a terrible pain in my chest after a steep climb. It was

a massive scare and I realised that if I didn't do something about my weight I might die of a heart attack. A week before the incident I'd got engaged and I knew I had to shed weight in the 12 months that remained before the wedding.

**THE STRATEGY** From the start I knew that it wasn't going to be a quick fix, and I made a conscious decision not to follow any crash diets. I started working out in a buddy's garage with just a few home gym machines and followed what I thought was a good balanced diet. I started seeing results immediately and then I challenged myself to lose three to four kilograms each week. My determination grew exponentially as I lost weight and soon I started working out in a gym with a personal trainer.

**THE REWARD** I feel fantastic and I'm the fittest I have ever been. My health has improved in all aspects. It's also rewarding to see that you have made an impression on others to get their bodies into shape. I feel fantastic and am addicted to exercise and the gym. I am continuing my weight loss journey and I am motivated to transform my body. I want to tell others how much better I feel and that the journey to looking and feeling better is a mind shift. There is no medical or physical reason why you should stay obese.

**THE RESULT** My total weight loss is 65 kilograms. My waist has dropped from a size 52 to a 38. I'm still a big guy, so I'm focusing now on increasing muscle mass and decreasing my body fat percentage.

LOST  
**65**  
KG

## SWING THE BALANCE

Flexibility may be the most important factor in making a successful golfer. Practise these two exercises three to five days a week:

### 1 / Dynamic Twists

Lie flat and cross your right leg over your left, with your left hand on your right knee. Rotate to the left, bringing your right arm to shoulder height. Inhale and externally rotate your right shoulder, bending your elbow and bringing your hand towards your head. Exhale and internally rotate your right shoulder, bringing your right hand towards your waist. Repeat five to 10 times and switch sides. Both these stretches will improve your backswing and alleviate swing faults.

### 2 / Window Washers

Lie on your back with your feet placed close to your glutes, wider than hip-width apart. Inhale and lower both your knees to the right. Exhale as you return to the starting position. Repeat 10 times in each direction.

## THE BELLY OFF! CLUB



AGE  
32

LOCATION  
Cape Town

OCCUPATION  
Safety Consultant

HEIGHT  
1.80m

WEIGHT BEFORE/AFTER  
140kg / 94kg

TIME TO GOAL  
7 months

LOST  
**45**  
KG

# Building Blocks

Simon Henderson used outdoor training and CrossFit to lose 46kg and build a new life

**THE GAIN** My weight has always fluctuated, and over the last few years I found myself focused on work, rather than my health. I was living on a diet that consisted of a small breakfast then a late supper, which was normally takeaways, while drinking plenty of sugary drinks - and never doing any exercise. Before I knew it I had shot up to 140 kilograms, and I spent my days wearing track-suit tops and baggy pants trying to hide the reality of what I was doing to myself.

**THE CHANGE** The wakeup call came when my daughter wanted her daddy to play with her, and this meant running around, jumping and struggling to keep up with an energetic one-year-old. Bending down to pick my daughter up became really difficult. I used

to work for a fitness company and I felt that I'd lost the passion for fitness and training. Only upon leaving there, did I decide enough was enough, and I joined the gym, set my goals and started training. The inspiration was being able to carry my daughter without my back hurting and playing with her without getting tired.

**THE STRATEGY** I followed a healthy eating plan and hit the gym. Then I was introduced to CrossFit, and started following their workouts, which were amazing. Whenever I tried burpees, I used to call my attempts "hiccups" because they were not quite burpees. I loved training again, and could feel I was building a new body - not the chiselled physique we all dream of in our twenties, but one that was

functionally strong and healthy. Next thing I knew, it was seven months down the line, and I had dropped 45kg and signed up to compete in the CrossFit Open. I no longer "waddled with rhythm" on the treadmill; now I was training for a half marathon.

**THE REWARD** The greatest gift is being able to play with my daughter, throw her up in the air and carry her with no back pain. I have a passion for the outdoors and love hiking and running for the first time in my life. I can even carry my daughter with me on a hike, which I would never have been able to do a year ago.

**THE RESULT** My weight loss so far is 46 kilograms. I dropped from a 46 pants size to a 36, I'm more confident and happy.

## STARTING BLOCKS

Simon Henderson uses concrete blocks to train outdoors. Here are total-body you can do three times a week:

**1 / Thrusters** Holding a block with both hands, drop down into a squat, keeping it close to your chest. Push upwards using your legs and a hip drive, and press the block overhead. When you're stronger, hold a block in each hand. Do 20 reps.

**2 / Overhead Walking Lunges** Start standing, but while holding a block overhead. Step into a lunge, keeping your torso upright. Once your back knee is gently touching the floor, push forward to the start. Swap legs. Do 20 on each.

**3 / Weighted Sit-Ups** Hold a block in two hands while on your back, knees bent, feet flat on the floor. Lift your chest towards your knees, once your elbows touch your knees, return slowly back down to the floor. That's one rep, do 20.





# "Daddy, Are We Exercising Today?"

**Xavier Colborne** went from zero to superhero by smashing our calendar challenges

## SPEED UP YOUR FITNESS

Use these two running exercises to get faster on the road and trail:

**1 / Shuttle Sprints** Use two markers to create a 10-metre long running track. Begin in a sprint start, and run to the other side, making sure you touch the other side of the line with both palms flat on the floor. Run back and do the same on the other side. That's one rep. Do 15, and time yourself. Your goal is to get quicker every time.

**2 / 800-Metre Repeats** Use a GPS, foot pod or your car's odometer to measure out 800 metres. After doing a slow jog warm-up, run 800 metres as fast as you can. Record your time, and jog back to the start. Repeat four more times, recording your times for each. Use this as a baseline and aim to get faster with a shorter break in-between.

## THE BELLY OFF! CLUB



**AGE**  
29

**LOCATION**  
Pietermaritzburg

**OCCUPATION**  
IT Assistant Branch/  
Admin Manager

**HEIGHT**  
1.72m

**WEIGHT BEFORE/AFTER**  
116kg / 93kg

**TIME TO GOAL**  
14 months

**THE GAIN** I've always loved playing sport, but I've never been truly fit. In 2009, I started eating a lot of junk food, pulled more all-nighters and participated in fewer sports. At the end of 2009 my son was born. I had put on weight in those two to three years, going from 86kg to 116kg, and growing from a 34 to a size 40 pants.

**THE CHANGE** I started walking to build my cardio fitness first. From late December 2011 and with the support of my loving wife, I'd get up at 4:30am and go to my local soccer grounds to walk a few laps. Walking one kilometre to the ground was a challenge at first, so I would drive there. Being heavy, I would feel my joints crying in the early morning. In 2012 my daughter was born and with the lack of sleep this became

even more difficult, but I just kept at it.

**THE STRATEGY** Sadly, I hadn't lost any real weight. So in November 2012, I made the decision to not use any supplements, follow any specific diet or join a gym, but rather use what was around me. I started eating high-protein meals and having up to seven small meals a day. I combined HIIT (high intensity) training, walking and slow runs until I felt strong enough to run on the road. My first two-kilometre run took me 38 minutes. I was disgusted and exhausted. I took the *Men's Health* calendar and tore out every page, stuck it on my wall and in each block recorded daily every single workout and rest day in order to hold myself accountable. This was the best step I made.

**THE REWARD** At the end of 2013 I had recorded a total of 35 840 reps of all HIIT workouts, 518.54 kilometres of walking and running, 204 days of training, 43 injured days and 118 rest days and my fastest five-kilometre run was 32:38 minutes. I've started trail running and my workout calendar still drives me - seeing a rest day marked X tells me I've wasted 24 hours.

**THE RESULT** My total weight loss has been 23 kilograms. My waist dropped from a size 40 to 34 and shirt size from XXL to L. Now my four-year-old son asks me daily: "Daddy, are we exercising today?"



LOST  
**65**  
KG

# Body Under Construction

Ed Rosa rebuilt his body by cutting out the junk and putting in some hard labour

## THE BELLY OFF! CLUB



AGE  
40

LOCATION  
Durban

OCCUPATION  
Civil Engineering Technician

HEIGHT  
1.74m

WEIGHT BEFORE/AFTER  
140.2kg / 83.7kg

TIME TO GOAL  
22 months

**THE GAIN** I've been overweight for most of my life. Too much inactivity coupled with lots of junk food resulted in my weight ballooning to my heaviest at 140 kilograms by January 2011. With my job entailing driving from site to site on a daily basis, it became all too easy to eat badly.

**THE CHANGE** After years of feeling uncomfortable and telling myself that I was happy with the way I was, the real change was totally unexpected and unplanned. Two good friends signed me up for a "12-Week Body Transformation Challenge." I dived right in and only then did I begin to realise that this is what I needed and wanted.

**THE STRATEGY** The day before the challenge started, I made the conscious decision to give

up on beer and junk food. The first few bootcamp sessions were hell, but doing it with friends as a support basis made it bearable. As soon as the weight began falling off, the light came on and so the obsession grew with getting fit. I increased the number of sessions and signed up for another seven bootcamp challenges. I also participated in the Impi Challenge and did various different exercise programmes so I didn't get bored.

**THE REWARD** I have more energy and confidence. I sleep better and have become more aware of what's needed to lead a healthy lifestyle.

**THE RESULT** I lost 56.5 kilograms. I dropped from a size-52 pants to a size 36 and from a 3XL shirt to a medium.

## WANT A TASTE OF BOOTCAMP?

Use these three moves in a high-paced outdoor circuit to torch belly fat:

**1 / Burpees** Drop into a push-up, chest on the floor. Then jump upwards and clap your hands above your head. Do 3 sets of 20.

**2 / Lunges** Step forward into a lunge, torso upright and back knee touching the floor. Step into a lunge on the other side. Do 3 sets of 10 each leg.

**3 / Buck Hops** Get into a push-up position. Raise your right knee towards your chest and hold. Return to the start and repeat with your left. Do 3 sets of 10.



LOST  
**20**  
KG

# Getting Into Gear

**Malem Heymans** took charge of his health by investing in a bike and cleaning up his diet



## THE BELLY OFF! CLUB



**AGE**  
23

**LOCATION**  
Stellenbosch

**OCCUPATION**  
Masters Student: Electrical & Electronic Engineering

**HEIGHT**  
1.84m

**WEIGHT BEFORE/AFTER**  
98kg / 78kg

**TIME TO GOAL**  
Almost 12 months

**THE GAIN** At 98kg I was a full-blown asthmatic with a so-called learning disorder. It had been a gradual decline, but I hit rock bottom when I realised that my eating habits and irregular exercise routine affected not only my health but my studies too.

**THE CHANGE** I finished my first year at varsity failing four subjects and dropping another. I'd passed only half my 10 subjects, and had no motivation, not to mention self-esteem. At the end of that first year, I realised that I had to do something about my academic performance; I wasn't even thinking about my health at that time. My first step was to spend more time with my textbooks and less time procrastinating. But even after spending much more time studying, my

results hadn't improved much. And having spent all that time indoors, I started itching for quick ways to clear my mind. I started taking daily runs, of 30 to 60 minutes each, around the hockey field - and it soon became clear that these breaks had a remarkable impact on my ability to concentrate on my coursework.

**THE STRATEGY** Taking these quick exercise breaks as a mental and physical release every day was enough for me (or so I thought at the time). I completed the semester successfully without any poor results. At this point I got hold of a mountain bike, which turned my daily breather into a fun adventure. The result: I finished my second semester with distinctions for each subject.

## TWO-WHEELED TRAINING

Looking for ways to get fit using a bicycle? Here are a few options that'll get you to the front of the peloton:

### 1 / No bike?

Time to get spinning. The high-intensity activity burns kilojoules, builds leg power and helps improve cardiovascular fitness. And classes are held in most of the major commercial gyms, so you'll be able to find a class close to your home or work.

### 2 / Want to save money and get fitter too?

Try commuting to work if you live close enough to the office (and if they have a shower facility). Make sure you travel while it's light, invest in high-visibility safety gear and a decent backpack to store your work gear and toiletries.

### 3 / Sign up for a team MTB race.

Sign up for a team stage race with a good mate, and give yourself a few months to get into decent shape. Your teammate will make sure you don't skip rides, and the race provides proper motivation.

**THE REWARD** I have more self-discipline and motivation than ever. I have a positive outlook on life and my academic results are on another level.

**THE RESULT** Exercise turned me into a healthy person, mentally and physically. Not only did I lose 20kg (which was a great bonus) but I also completed my undergraduate studies with a total of 14 distinctions. I never dreamt of doing a master's degree in solar energy, but thanks to a healthier lifestyle I was able to graduate without major problems. My asthma is no longer sports-induced and I hardly ever struggle with it.



# Man of the Match

Brad Mitchell became a rugby role model after shedding his belly

LOST  
**30**  
KG

## THE BELLY OFF! CLUB



**AGE**  
26

**LOCATION**  
Milnerton

**OCCUPATION**  
Sales Executive

**HEIGHT**  
1.84m

**WEIGHT BEFORE/AFTER**  
122kg / 92kg

**TIME TO GOAL**  
6 months

**THE GAIN** I played rugby for many years, including three years of junior rugby for The Sharks. It kept me fit, strong and lean (as lean as a front-ranker can be). Unfortunately I tore my ACL ligament in a game and my career was over. I didn't play for 2 years and managed to balloon up to 122kg.

**THE CHANGE** Rugby was over... Now what? I started to enjoy the finer things in life. I wasn't training 5 to 6 times a week anymore and the weight piled on. One day I was wondering why my knee was giving me so much trouble, always popping out of place while doing simple things like standing or walking or swimming in the sea. I spoke to a few people to see what their thoughts were, all in all we came to the same conclusion: I was a fatty.

**THE STRATEGY** I'm a firm believer in 80% diet and 20% fitness. I started to eat clean and control my sugar cravings. Plus, I'd fallen in love with functional fitness. It reminded me of my rugby playing days. I joined Huba Fitness in Cape Town. Johry Batt and Franco Flach were huge influences in my change. They kept pushing me and made sure I didn't sell myself short. I've recently moved to The Train Station (a new gym which Franco Flach has opened). My addiction continues and I'm still getting impressive results.

**THE REWARD** Since fatty has left the building I'm more confident, have more energy and am generally a happier person. The ladies have started looking at me again; I hadn't had that in a long time. Today I can

## DETONATE YOUR STRENGTH GAINS

Use these three explosive exercises to become more powerful and to build better functional fitness:

### 1 / Seated Box Jumps

Get two boxes, one higher than the other. Start in a seated position, and, using momentum by swinging your arms, jump up onto the higher box. Land with bended knees and as softly as possible. Aim to jump higher each time.

### 2 / Clap Push-Ups

Get into a normal push-up position, but after lowering yourself to the ground (keeping your elbows tucked in), once your chest touches the ground, push up explosively off the floor and clap your hands at the top of the movement (while in mid-air). Increase the rep range as you get stronger.

### 3 / Broad Jumps

Stand with your feet shoulder-width apart, and after swinging your arms back for momentum, bend your knees and jump as far forwards as you can. Aim for powerful hip extension. You need to land with control and with both feet in line – no stumbling or stepping forward.

proudly say I've got a gorgeous girlfriend who supports me and my lifestyle.

**THE RESULT** My pants size was a 42 and I wore XXL shirts. Now I'm now a size 34 and 32, and I can fit quiet comfortably into a medium shirt. The last time I was at that size, I was 15 years old. My goal for the future is to inspire people to make the change. My conditioning trainer at The Sharks (Andre Volsteed) said something I'll never forget: "Would you put sand into the petrol tank of a Ferrari? So why do you put crap into your body?"





# With a Little Help from My Friends

Thinus Blignaut recruited the best team to help him lose 44kg and overhaul his health

ney with me. My personal trainer gave me one glance and just said "let's begin". I found myself on the gym floor in the first 15 min thinking "I did this to myself and this is what is needed to fix this". Soon after I had lots of friends and random individuals in the gym supporting my transformation with moral support and words of encouragement. I lost the rest of my weight on a high intensity training regime, and I was basically living in the gym.

**THE REWARD** Life couldn't be better. I'm a happier, healthier and more respected individual. For the first time its fun doing activities involving physical exercise. The social challenges are something of the past and were replaced by positive self-image and confidence. I'm hooked and my goals changed from losing weight go gaining muscle and reshaping my body.

**THE RESULT** I lost 50kg. My waist size went down from a size 44 to 34. For the first time it's easy to live my life. Obesity related health problems are no longer present in my life. The best result I could ever ask for is people approaching me saying that my journey gave them the motivation to take on a challenge in their life. For me this was just as satisfying as losing 50kg for I wouldn't have been able to do this and motivate other people and achieve this loss without my trainers, nutritionist, family and friends. A strong support base is important when taking on a life-changing task.

## THE BELLY OFF! CLUB



AGE  
22

LOCATION  
Potchefstroom

OCCUPATION  
Student

HEIGHT  
1.9m

WEIGHT BEFORE/AFTER  
147kg / 97kg

TIME TO GOAL  
12 months

**THE GAIN** I grew up being overweight: I reached 3 digits on the scale before I was old enough for high school. Regular doctor appointments were a big part of my life due to all the obesity-related health problems - I had almost all of the big ones: cholesterol, diabetes, blood pressure and more. My all-time low? Reaching an all-time high of 147kg in varsity.

**THE CHANGE** Being overweight for most of my life set me up with all kinds of social pressure and challenges which didn't end at high school, they made their way to varsity too. I ended up being the fat guy with no voice at the back of the lecture hoping he would disappear in the masses of people I perceived to have flawless bodies. Seeing 147kg on the scale shook me all the way to my nonexistent

core. I knew I was speeding down the 150s lane. I just couldn't be that guy, so I made the best and most important decision of my life.

**THE STRATEGY** I knew that changing a lifetime of bad habits would be my biggest challenge. With the recommendations of close friends I consulted a nutritionist. I strongly believed in the use of professionals who are trained and knowledgeable. The nutritionist taught me good eating habits and choosing diets to be healthy and nutritious. I lost my first 10kg with healthy eating. Seeing the scale drop to under 140 brought tears to my eyes. That was the moment I knew I could do this. I felt the need to step it up a notch and found an exceptional trainer to take the last steps of the jour-

Sign up and start your transformation today! [bellyoff.co.za](http://bellyoff.co.za)

**Men's Health**  
**BELLYOFF**





Men's Health

# The Trans

Six *MH* editors took on a 12-week staff fitness challenge to change their bodies. This is their journal of hard truths and some solid results. Use their lessons and one smart workout plan to transform your body

BY ARTHUR JONES  
PHOTOGRAPHS CASEY CRAFTORD



**GYM AFRICA** – Official equipment supplier.



SPORTS SCIENCE  
INSTITUTE OF SA  
APPROVED

# formers

Mainstream media is lying to you. Building muscle and losing fat doesn't happen through retweets, regrams or by liking photos of Schwarzenegger. Selfies and good intentions do not a good body make. Sadly, neither do terms like "Eat Clean, Train Mean". Don't get us wrong, motivational pieces are great, but they're just there to help. Just like all the latest tools, supplements and gear - none of it is going to lift the weights for you. There's only one ingredient that guarantees results: real Commitment. It's not sexy, but hard work never is. We can't put the effort in for you, but we can give you the smartest methods...



THE STRONGMAN  
Creative director  
Robert Cilliers

...DO THIS PROPERLY

AND YOU WON'T

JUST HAVE EARNED

A HARDER,

STRONGER BODY.

YOU'LL ALSO RESPECT

YOURSELF MORE



ROBERT CILLIERS, 45

Height 189cm  
Weight 82.6 > 83.5kg  
Body Fat 16.5 – 16.4%

#### BEFORE & AFTER STATS:

**1RM Squat:**  
96.8 to 112.9kg  
**Push-Ups:**  
19 to 42 in 60 seconds  
**Sit-Ups:**  
44 to 67 in 60 seconds  
**Fitness Score:**  
Increased by 22.5%  
(52.5 to 75%)

## Lift heavy and rest less to build more muscle

**ROBERT'S TRAINING METHOD** Functional strength training at Point Break Fitness, [pointbreakfitnesscentre.com](http://pointbreakfitnesscentre.com)

**GOALS** Initially, I wanted muscle gains. But I soon realised that it's pretty difficult to achieve that, improve my cardio fitness levels and develop some sort of a six-pack, all at the same time. So I focused on simply getting stronger and fitter.

**OBSTACLES** Unfortunately, I had a few. I was the oldest guy on the Challenge, and my body doesn't respond to training as it did in my twenties - I had to make sure I recovered properly between training days. My immune system was also an issue; I went in full guns blazing in the first two weeks (from not having exercised for a few years), and my system just couldn't handle it. The result: I had to focus on getting enough rest and establishing a vitamin-rich diet. I also can't produce testosterone naturally anymore - I overcame testicular cancer three years ago and, as a result, I'm on a permanent prescription of medical testosterone. I made sure I focused my heavy training and food intake around this.

**COACH'S NOTES (Ryan Botha)** "Rob's biggest strength for me was his willingness to train. For a guy who hadn't trained a great deal before, he picked up great strength in his core, upper body and legs. His legs were tough to train,





**THE SAVVY SLUGGER**  
Chief copy editor  
Thomas Okes

# Swing, spar and sweat your way to a six-pack

**THOMAS'S TRAINING METHOD** Boxing training and PT at The Armoury Boxing Club, [armouryboxing.com](http://armouryboxing.com)

**GOALS** I just wanted to learn how to box, but I quickly realised that in order to do that, I had to strengthen my core and do a lot of work on the road. So my goals changed to getting physically stronger, much fitter and mentally braver, too.

**OBSTACLES** Running. I still hate it, but I don't need to enjoy it to get it done, so I'm pushing myself into it as hard as I can. I'm not naturally competitive, and I lack that killer instinct, that special viciousness you need to knock a guy out. Running helps me move around in the ring. It's about controlling the space, owning it so your opponent can't find a way in - and it's a constant, lifelong process of trying to do the basics well, putting mind over matter. If running helps, just do it.

**COACH'S NOTES (Sanchia, personal trainer, and Clever, boxing trainer)** "He's a champ! He pushes through the pain and gives his all. The Armoury gave Tom fitness and skills and he brought a ton of heart - it's a winning combination."

**RESULTS** At the start, Steve, the owner of The Armoury, told me this would be more of an emotional journey than a physical one. I didn't understand that then, but I can see now he was right: the physical benefits come naturally, if you're focused on performing in the ring. In order to stay upright and awake in there, you need to be properly fit. It's not like you'll do some running, or some skipping, and then you're good to go three rounds. You'll do everything - from burpees and sprints all the way to HIIT and lifting, 5K recovery runs, everything. It feels like I've lost a big chunk of body fat, and gained more muscle mass, but more than anything I've noticed a great improvement in my stamina. When I think back to my first training session, man, I was so weak I was dizzy and nauseous afterwards. I also realised that the end goal isn't to look better or to do more push-ups, but to change my life. What I learnt the first time I got into the ring is that I'm naturally lazy, scared of a challenge and generally weak in many ways. I had that pointed out to me in a painful way, which was great; now I can work on it. Now that the Staff Challenge is over, I've signed up for Fight Night on 25 June. It's an expensive habit, but as my wife said when I told her about this, you can't put a price on a life-change. Taking on your own flaws is not something you can learn to do effectively in three short months, or even a lifetime, but the challenge is to keep moving. The effort is its own reward.

## THE BIGGEST LESSONS:

- 1 / Life's too short to stay lazy forever.** I got annihilated in my first couple of classes and quickly realised that my problems, my weaknesses and blind spots, aren't going away on their own; I need to know that they're there, to move towards them and hit back. Sparring is a great way to keep your ego in check; each time you think you're getting somewhere, you get knocked down. But then you get up again.
- 2 / You have to commit.** It doesn't matter what your goals are - to lose weight, get stronger, whatever - to achieve anything, you have to dedicate your life to it. If that means getting up and getting in the car at 5am, or being in bed each night no later than 9pm, or drinking so much water you feel you need to vomit, just do it. Sometimes I have to force myself to go to training, and each time I walk out afterwards feeling like the king of the world.



**THOMAS OKES, 32**

**Height** 183cm  
**Weight** 78.7 - 78.8kg  
**Body Fat** 21.7 to 19.3%

## BEFORE & AFTER STATS

**1RM Bench Press:**  
0 to 60kg

**Push-Ups:**  
9 to 30 in 60 seconds

**Sit-Ups:**  
28 to 55 in 60 seconds

**Fitness Score:**  
Increased by 21.3%  
(23.7 to 45%)

as one of his legs was weaker and tougher to work - but we still saw big gains in his squats and lunges, and his mobility and stabilisation increased exponentially."

**RESULTS** I had a mental block about certain exercises that I thought I couldn't perform. Three months ago, I could hardly do a push-up... when I got to the third rep, my shoulders would lock because I believed they weren't strong enough. Then Ryan said I needed to complete the set, even if I needed to put my knees on the ground - and now I can easily complete 100 push-ups in a session. In terms of my eating plan, it was a struggle for me - I needed to eat almost double what I was used to. But with planning, adding snacks and cooking a few meals at a time, it became routine. I ate as early as possible in the day to kick-start my metabolism, and I cut down on coffee, as caffeine suppresses appetite. After a couple of operations a few years ago, I wasn't allowed to train, and I just never got back into it. Now that the flame has been re-ignited and I'm fitter than I've been in a long time, it's time to start building strength and continue my healthier, more active lifestyle.

## THE BIGGEST LESSONS:

- 1 / Compound training is key.** You pick up strength with functional movement. Your mobility improves too.
- 2 / Eating clean has the biggest impact.** You need to turn healthy eating into a habit. Don't skip meals and cut down on alcohol. If you're going to eat crap, then do it on training days, so you can burn those empty kilojoules.

# Outwork your mind for better body results



**JASON BROWN, 44**

**Height:** 179cm  
**Weight:** 87.7 to 85.3kg  
**Body Fat:** 20.6 to 18.7%

## BEFORE & AFTER STATS

**1RM Bench Press:** 60 to 90kg  
**Wide-Arm Pull-Ups:** 2 to 9  
**Push-Ups:** 21 to 44 in 60 seconds  
**Fitness Score:** Increased by 30% (45 to 75%)



**FRANK HERMUS, 28**

**Height:** 175cm  
**Weight:** 63.1 – 65.3kg

## BEFORE & AFTER STATS

**1RM Bench Press:** 65 to 80kg  
**1RM Squat:** 75.3 to 91.4kg  
**Wide-Arm Pull-Ups:** 8 to 15  
**Fitness Score:** Increased by 16.2% (53.8 to 70%)

**JASON'S TRAINING METHOD** Strength training and functional HIIT at Roark Gyms, [roarkgyms.com](http://roarkgyms.com)

**GOALS** To get back into shape. I wanted to lower my body fat, build strength and get fit.

**OBSTACLES** The lure of unscheduled drinks and eating out with friends far too often. I love beer on the weekend and wine with dinner, but I consciously cut down but didn't cut it out completely. I didn't count kilojoules, but in the back of my mind, I kept thinking about the balance sheet.

**COACH'S NOTES (James White)** "The physical challenge: Jason's upper body lacked strength. He's always had excellent squat form, but his chest and shoulder strength needed to improve, and through a lot of hard work, they have. Mentally, like all of us, he battled to push into that really uncomfortable place, especially where breathing is involved. It's hard to put yourself into a deep hole, especially for someone like Jason who gives a lot of thought to everything he does – sometimes you just need to let go. He considers the reasons for everything we do in the programme, which is incredibly refreshing as a coach. He genuinely tried to learn something each day, about his own mind, body or a new movement."

**RESULTS** I know we often say it on the cover, but I literally saw results in weeks! Most noticeably, I lost weight around the middle and had to pull in my belt a notch or two. But on a more meaningful level, I got stronger and was able to complete the workouts and feel good afterwards, rather than being too exhausted to move. At work, I also felt less frantic and more focused; taking control of my body gave me an indescribable feeling of control in other aspects of my life. It really has a knock-on affect. I'm fortunate that my body responds well to this kind of training, so it was reassuring to see physical changes, but I've also grown mentally. The training hasn't got any easier and I still suffer through the workouts, but now it comes with a strange satisfaction.

## THE BIGGEST LESSONS:

**1 / Have a goal, find the right trainer, stick to it.** Selecting the right trainer is probably the most vital decision. James quickly identified my weaknesses and would often check in on those challenges and my progress. Also, instilling the value of perfect form and a tough work ethic helped me realise my goals quickly. Encouragement and positive reinforcement are a big part of Roark Gym's value system.

**2 / Your body will last longer than your mind.** It took a few big physical challenges to realise this, but I realised I could push my body further and control the panic, which so often stopped me before. The training slowly gives you the confidence to take on more. If you're not raising your heart rate, don't expect results.

**3 / Team up with a better athlete.** Each time I trained with someone better, fitter and stronger, I felt myself pushing harder and improving.

# Compound moves and perfect form beats all

**FRANK'S TRAINING METHOD** Functional training at Takedown Mixed Martial Arts, [takedown.co.za](http://takedown.co.za)

**GOALS** To get fit, get cut and build lean muscle.

**OBSTACLES** I'm a hard gainer, and I had a previous lower back issue. It was a rude awakening to start with, but with



**LIFTING LIKE A BOSS**  
 Editor Jason Brown

regular icing (10 minutes, morning and night), stretching and concentrating on my form, I managed to build muscle and confidence in my lower back. And I've learnt that with the right diet and training programme, even slender guys can put on good weight.

**COACH'S NOTES (Ross Church)** "Progress was better than expected, he picked up movements incredibly fast, so his progression in weights was impressive. I'd noticed (and measured) some great results in overall lean muscle gain and a decrease in fat percentage. Frank worked incredibly hard, and as a complete beginner to periodised cycles he did phenomenally well."

**RESULTS** The benefit of my training routine is the functionality of it. It's not about concentrating a load on one muscle, it's about loading on a group of muscles with complex exercises so as to strengthen the entire movement. The worry I had was damaging my back, taking me out of the Staff Challenge and back in the nurse's room. Sticking to the diet was tricky, as I'm a creature of habit. I rejected some items of the diet such as "50g of biltong" or "¾ can of tuna" (what am I supposed to do with the other quarter?). But I did take some of it on board: I cut down on alcohol and increased my protein intake, in the form of eggs, chicken, cottage cheese, lentils, tuna and beef. I added a handful of cashews and almonds during the day. I also discovered, via our dietician, that for a slender guy with a fast metabolism and an active lifestyle, carbs are my friends. The training was hard – I had to damn near cut my shirt off after each session – but I'm loving it and I'll stick with it. When a lady friend is walking behind you and she casually says "I can see the squats are working out", you've got all the validation you need to keep going.



THE RING  
GIRL'S  
FAVOURITE  
Junior designer  
Frank Hermus



ROLLING  
THUNDER  
Online editor  
Charlie Human



CHARLES HUMAN, 35

Height 178cm  
Weight 74.65 – 76.6kg  
Body Fat 23.8 to 21.1%

#### BEFORE & AFTER STATS

1RM Bench Press:  
0 to 70kg  
Push-Ups:  
28 to 38 in 60 seconds  
Sit-Ups:  
27 to 47 in 60 seconds  
Fitness Score:  
Increased by 17.55%  
(38.75 to 56.3)

#### THE BIGGEST LESSONS:

- 1 / Discover what your fitness goals are.** Then find the best training routine that'll get you to them.
- 2 / Push yourself, intelligently, and recover like a pro athlete.** Foam rollers, ice packs, arnica oil, epsom salt baths – anything that helps.
- 3 / Form before load.** Your technique must be sound. If your form starts waning, don't be ashamed to go lighter.

## Use grappling to forge fitness and an iron core

**CHARLIE'S TRAINING METHOD** Brazilian Jiu-jitsu at Renzo Gracie Cape Town, [renzogracie.co.za](http://renzogracie.co.za)

**GOALS** Initially I just wanted to get fitter. But after training for a few weeks, I became more interested in the specific aspects that would be useful for Brazilian Jiu-Jitsu: explosive power, endurance and body conditioning.

**OBSTACLES** I got injured. Two bruised ribs, a sprained hand, bruises all over my arms, a bloody nose from contact with an elbow. Plus, you're getting choked out on a daily basis. Overcoming the injuries was really about staying within the training loop. Even when I couldn't really train properly because of my ribs, I worked on my technique because I knew taking time off would kill my motivation.

**COACH'S NOTES (Richard Lowe)** "Charlie's greatest asset was his perseverance. Jiu-jitsu can be brutal on the body and a lot of guys flake out. Charlie kept on coming to class, even when he was injured."

**RESULTS** BJJ is a total body workout. Because of the unpredictable nature of grappling against an actively resisting opponent (who sometimes outweighs you by as much as 40kg) you use everything that you have to stop getting choked out every time you're on the mat. I feel leaner and stronger, and my cardio fitness has improved dramatically. Mentally I think it has helped me to focus more – because pretty much everything is better than having a 90kg guy slam you to the ground. I've realised that I'm more tenacious than I thought. I may not be a quick learner or have much natural ability, but like a Staffie with a stick, I keep coming back. In terms of diet, I've just had to succumb to the idea of giving my body what it feels like. I've learnt that eating too little is as bad as eating too much and that protein does really help with recovery.

#### THE BIGGEST LESSONS:

- 1 / Make it as easy as possible to make it to training.** Find something that fits naturally into your schedule. It's getting there that's the challenge. Once you're there you have to train. I could watch a thousand YouTube videos showing me techniques but the only thing that really counts is time on the mat. The only secret is putting in the work.
- 2 / Don't obsess about progress.** Rather focus on getting the most out of what you're doing.
- 3 / Set your own pace.** I tapped out if I felt I was in danger of being hurt and refused to get macho about things I was genuinely worried would hurt me. Nobody except you knows how far you can push yourself. Gradually I started to understand which fears should be pushed through and which should be respected.



## Supersize your gains with the right food

**BUNTU'S TRAINING METHOD** Personal training at Zone Fitness, [zonefitness.co.za](http://zonefitness.co.za)

**GOALS** I wanted to add lean muscle so clothes would fit me better. I wanted a healthier diet plan and to develop a more consistent gym routine. But over the 12 weeks, I found I wasn't making the progress I'd hoped for. Around the halfway mark my main goal was to have a healthier lifestyle by way of my diet and exercising regularly and, most importantly, to just stick to the plan. This became a 12-week crash course in motivation, dedication, healthy eating and just how overpowering the snooze button can be.

**OBSTACLES** Training on my own. In future, I'd definitely use a gym buddy. I didn't train with Mkhanyisi (the trainer who created my programme) all the time, and there were days where I really needed someone there to push me out of my comfort zone.

**COACH'S NOTES (Mkhanyisi Phillips)** "The main benefit of weight-lifting is that you can gain more muscle and strength than with most forms of exercise. While other forms have flexibility or cardio as a priority, weight-lifting is a good, all-round form of exercise. I found the technique for most moves easy to learn, and it can help build endurance."

**RESULTS** The programme laid out the sets and reps I needed to aim for, with the goal of increasing them every week. But the main benefit of weight-lifting was how flexible the schedule was. I could choose to go when I wanted to and I could exercise and exert myself at a reasonable pace."

### THE BIGGEST LESSONS

- 1 / Make daily training goals.** I've found that I'm more amped when I have a clear end goal in mind, and when I'm completely dedicated to training that particular day. On the other hand, if I'm not feeling it or pre-occupied with work, I'm not entirely present. Those were the hardest days.
- 2 / Good food doesn't have to taste like cardboard.** It doesn't have to be all salads and smoothies either. It was a challenge to stand over a stove after an eight-hour day, but I worked out ways around that. I cooked in bulk, giving myself an allowance for one night a week for takeaways, and I made meals with at least one main ingredient that I love.



### BUNTU NGCUKA, 23

Height 181cm  
Weight 63.7 – 66.5kg

### BEFORE & AFTER STATS

**Vertical Jump:**  
40.6 to 48.3cm  
**Push-Ups:**  
12 to 21 in 60 seconds  
**5-Minute Row:**  
949 to 1 078m  
**Fitness Score:**  
Increased by 11.3%  
(20 to 31.3)



# Your Better Body Plan

The RIPT workout blends science and sweat to create a stronger, fitter and leaner version of you

**TRENDS MAY COME AND GO, BUT WHEN IT** comes to staying power, nothing beats proper research and rigorous testing. The hallowed Sports Science Institute of South Africa is world-renowned for both – and they've been quietly formulating and testing their own breakthrough fitness formula. RIPT (Researched Innovative Performance Training) harnesses HIIT (High Intensity Interval Training) – that's a lot of acronyms to throw around, but a number of studies have proven how effective HIIT is in providing total-body conditioning.

HIIT is something that's taken off in the fitness world – and it's the secret weapon of functional training facilities, CrossFit boxes and boot camps. SSISA and their famous High Performance Centre wanted their own programme, but their focus was on using a scientific and safe methodology. For example, all the complex exercises such as the Olympic lifts are done first (after the warm-up) while you're still fresh to avoid the risk of injury due to fatigue. Then it's onto the conditioning section and the finisher. Not only does this routine ensure better gains – it also means a heavily reduced injury risk. Sound good? Then this plan is for you.

### DIRECTIONS

The number of weekly sessions depends on your fitness level, but you should aim for 3 to 4 sessions, with a day of recovery between each. RIPT sessions are broken down into the following parts and follow this order:

- 1. Warm-Up** low-intensity cardio activity and movement preparation (dynamic flexibility) and foam rolling
- 2. Pre-Habilitation** Injury prevention exercises
- 3. Lifting Preparation**
- 4. Metabolic Conditioning** This section uses HIIT methodology: interval-type training to maximise fitness benefits in the shortest time
- 5. Finisher** A final challenging activity to finish off the session
- 6. Cool Down** A short period of active recovery and static stretching



## SESSION

# 1

### WARM-UP

DO FOUR MINUTES SKIPPING, THEN FOAM ROLLING – FOCUSING ON THE ITB (ILIOTIBIAL BAND), GLUTES, HAMSTRINGS, BACK AND LATS. THEN DO SOME ROLLOVERS INTO V-SITS. FOLLOW THAT WITH THE WGS (WORLD'S GREATEST STRETCH). IT'S A DYNAMIC MOVE THAT WORKS ALL THE MAJOR MUSCLE GROUPS AND PREPARES YOU FOR THE HEAVY LIFTING TO COME. FINISH OFF THE WARM-UP WITH A FEW SHOULDER EXTENSIONS: ROLLS, ROTATIONS AND STRAIGHT ARM PUSH-UP EXTENSIONS

### PRE-HAB

TWO SETS OF 10 REPS BOTH MOVES: RESISTANCE BAND PULL-APARTS AND HIP THRUSTS (LIE WITH YOUR BACK ON THE FLOOR AND KNEES BENT, THEN LIFT YOUR HIPS TOWARDS THE CEILING)

### LIFTING PREP

TWO SETS OF 5 OVERHEAD SQUATS WITH JUST THE BAR OR PVC PIPE.

### LIFTING

FIVE SETS OF 5 REPS. DO A SUPERSET OF BACK SQUATS AND BOX JUMPS

### METABOLIC CONDITIONING

THREE TO 5 ROUNDS OF THE FOLLOWING CIRCUIT: DO 40SEC ON, 20SEC OFF. TAKE 2 MINUTES REST BETWEEN EACH CIRCUIT

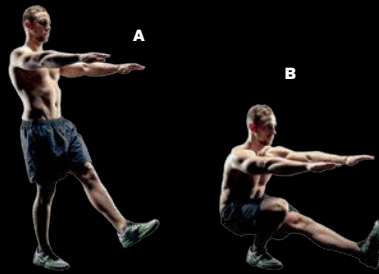
- 1 / BW Single Leg Squat
- 2 / Over Head Weighted Sit-Up
- 3 / Medicine Ball Burpee
- 4 / Fury Push-Up & Row
- 5 / KB Swing
- 6 / Rowing Machine

### FINISHER

DO 6 INTERVALS BOXING: 30 SECONDS ON, 15 SECONDS OFF

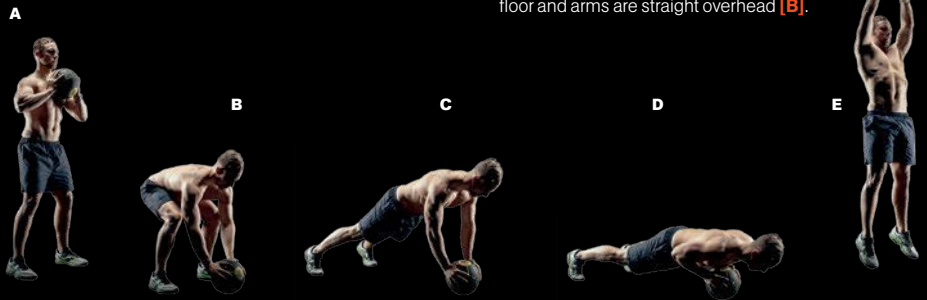
### COOL DOWN

TWO MINUTES ACTIVE RECOVERY AND 3 MINUTES STATIC STRETCHING



### 1/ BODYWEIGHT SINGLE LEG SQUAT

Also known as pistol squats, you should focus on keeping your torso upright as you go down [A]. You can make it easier by squatting down on to a chair or platform for support [B].



### 2/ OVERHEAD WEIGHTED SIT-UP

While holding a pipe, medicine ball or dumbbell over head, focus on doing sit-ups with a full range of motion [A]. Rise up until your torso is perpendicular to the floor and arms are straight overhead [B].

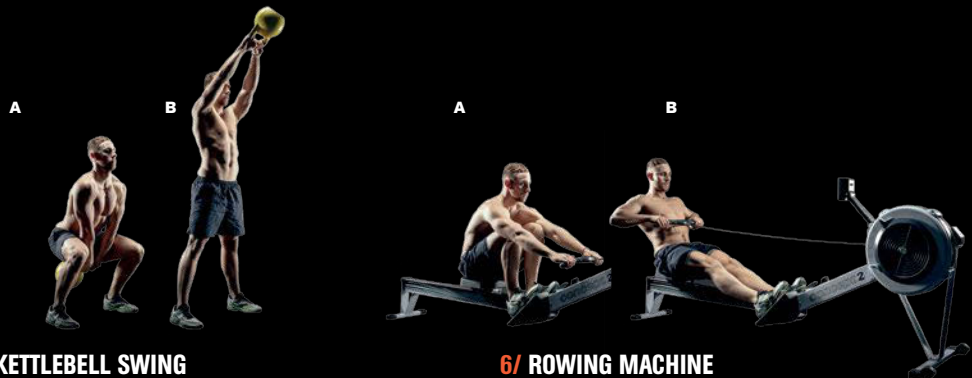
### 3/ MEDICINE BALL BURPEE

Use the normal burpee technique, but holding a medicine ball in both hands [A]. Lower it to the floor [B] then drop into a push-up [C] so that your chest touches the ball [D], then push back up while holding the ball. Jump and raise it overhead [E] to finish one rep.



### 4/ FURY PUSH-UP AND ROW

Do a normal push-up, but while holding a dumbbell in each hand [A]. At the end of each push-up, raise one of the dumbbells up in a straight line so that it touches your chest [B]. Alternate arms with each consecutive rep, and don't let your torso rotate [C].



### 5/ KETTLEBELL SWING

Start by swinging the kettlebell down between your legs, keeping your torso upright and knees slightly bent [A]. Raise the kettlebell all the way up until your arms are straight overhead [B] before bringing it down back down, with control.

### 6/ ROWING MACHINE

Focus on using your legs [A] and don't just pull with your arms. Keep your back straight and upright throughout the whole movement [B].

## SESSION

# 2

### WARM-UP

TWO INTERVALS OF 2 MINUTES EACH ROWING AND CYCLING. FOAM ROLLING, THEN ROLLOVERS INTO V-SITS, WGS AND SHOULDER COMPLEX

### PRE-HAB

TWO SETS OF 10 REPS SINGLE-LEG DEADLIFTS (BODYWEIGHT) AND FURY BAND ROWS

### LIFTING PREP

TWO SETS OF 5 SNATCH-GRIP HIGH-PULLS WITH JUST THE BAR

### LIFTING

EIGHT SETS OF 3 REPS POWER CLEANS

### METABOLIC CONDITIONING

DO WAVE SETS OF THE FOLLOWING BARBELL COMPLEX AND FOLLOW THIS REP SCHEME: 8, 6, 4, 4, 6, 8. START WITH 60% OF YOUR 1 REP MAX AND INCREASE IT TO 70% FOR THE MIDDLE SETS. THEN DROP BACK DOWN TO 60% TO END OFF. MAKE SURE YOU DO ALL THE REPS IN ONE MOVE BEFORE MOVING ON TO THE NEXT, AND DON'T LET THE BARBELL REST ON THE FLOOR UNTIL YOU'VE DONE THE WHOLE WAVE SET

#### 1 / Deadlift

#### 2 / Bent-Over Row

#### 3 / High Pull

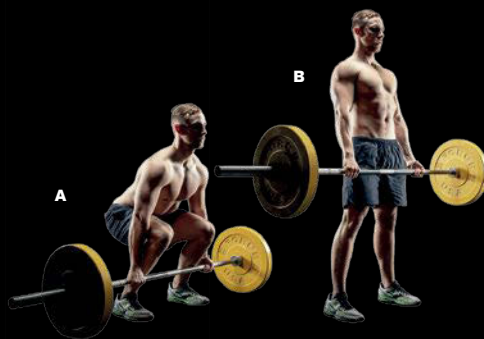
#### 4 / Front Squat

### FINISHER

500M ALL-OUT ROWING

### COOL DOWN

TWO MINUTES ACTIVE RECOVERY AND 3 MINUTES STATIC STRETCHING

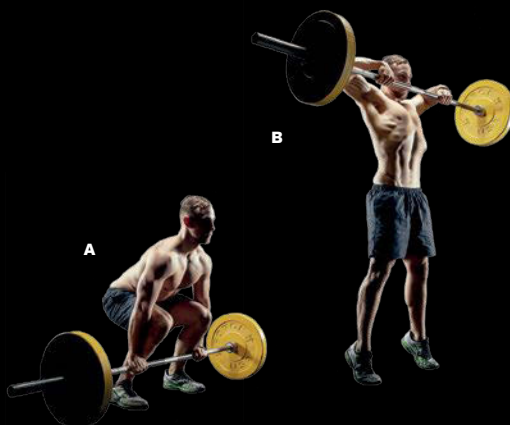
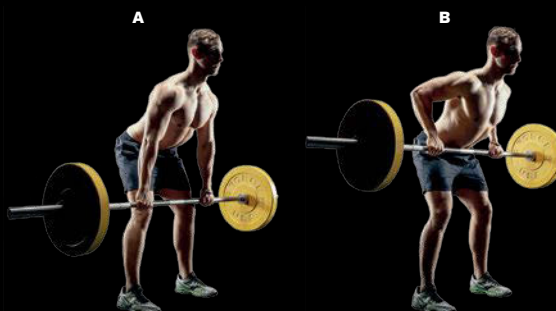


#### 1/ DEADLIFT

To start, use a mixed grip and make sure that you keep your torso upright and your back straight [A]. Tense your core and lift the bar up in a straight line off the floor, close to your shins, until you are standing straight [B]. That's one rep.

#### 2/ BENT-OVER ROW

Bend over at the hip while keeping your back and arms straight [A]. Once your torso is leaning over, do a row by pulling the barbell into your torso, bending your elbows but keeping them tucked in as close to your body as possible [B].



#### 3/ HIGH PULL

Start with the barbell on the floor in the same position you were in for the deadlift [A]. Then lift the bar off the floor in an explosive movement, keeping it close to your body as you raise it up. It should travel up past your sternum, and ideally to the level of your collarbone [B].



#### 4/ FRONT SQUAT

End off the complex with a front squat, where you keep your weight on your heels and your elbows as high as possible. Start with the barbell resting on your shoulders, and your elbows up [A]. Lower down into a full squat, with control, keeping your torso upright [B].



## SESSION

# 3

### WARM-UP

TWO INTERVALS OF 2 MINUTES EACH  
ROWING AND CYCLING, THEN FOAM  
ROLLING, ROLLOVERS INTO V-SITS, WGS  
AND SHOULDER COMPLEX

### PRE-HAB

TWO SETS 10 REPS PUSH-UPS WITH LEG  
LIFTS AND RESISTANCE BAND FACE PULLS

### LIFTING PREP

TWO SETS 15SEC BAND PEC STRETCH

### LIFTING

FIVE SETS 5 REPS BAND BENCHPRESS  
AND MED BALL SQUAT THROWS

### METABOLIC CONDITIONING

DO 2 TO 3 CIRCUITS OF THE FOLLOWING,  
WITH 20SEC WORK AND 10SEC REST ON  
EACH STATION. REST FOR 2 MINUTES  
BETWEEN CIRCUITS. FOLLOW THE  
NUMBERS – ON MOVES 5 AND 6,  
YOU'RE DOING THE SAME EXERCISE AND  
TECHNIQUE AS IN 2 AND 3, BUT YOU NEED  
TO MAKE SURE YOU SWITCH ARMS

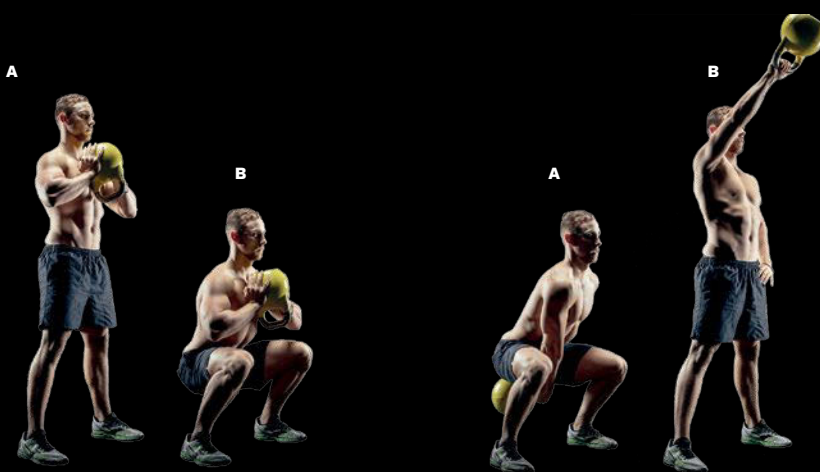
- 1 / KB Goblet Squat
- 2 / KB Swing Right Arm
- 3 / KB Clean & Press Right Arm
- 4 / KB Goblet Squat
- 5 / KB Swing Left Arm
- 6 / KB Clean & Press Left Arm
- 7 / Rowing Machine

### FINISHER

DO 6 INTERVALS SKIPPING (30 SECONDS  
ON, 15 SECONDS OFF)

### COOL DOWN

TWO MINUTES ACTIVE RECOVERY AND  
3 MINUTES STATIC STRETCHING

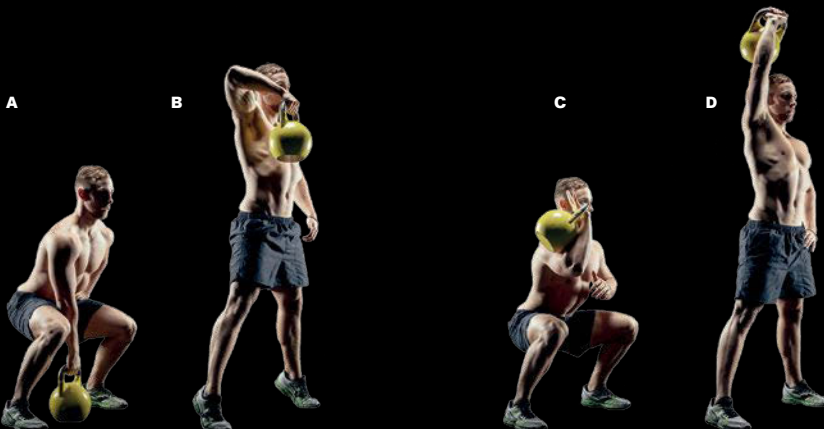


### 1+4/ KETTLEBELL GOBLET SQUAT

Start in a standing position, holding a kettlebell in front of your chest [A]. Lower down into a squat while keeping your torso upright and weight on your heels [B].

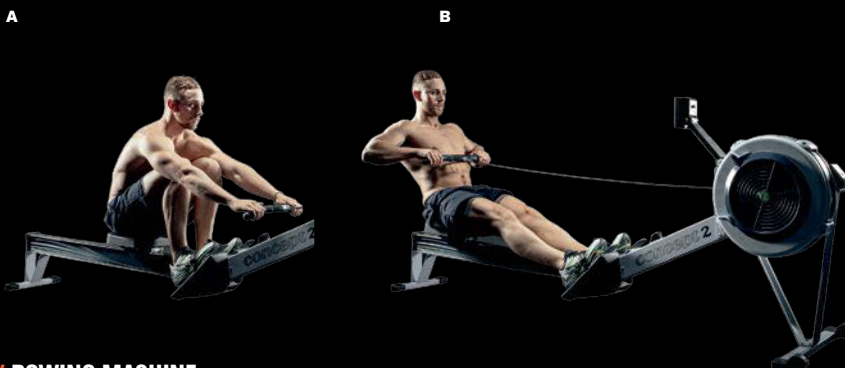
### 2+5/ KETTLEBELL SWING RIGHT ARM

Start by swinging the kettlebell down between your legs with one arm, keeping your torso upright and knees slightly bent [A]. Swing it up until your arm is straight overhead [B].



### 3+6/ KETTLEBELL CLEAN & PRESS RIGHT ARM

Start by lifting the kettlebell off the ground [A] in an explosive pull. When it reaches chest height [B], drop down under it, catching the kettlebell in a front-rack squat position [C]. Push upwards until you're standing with a straight arm overhead [D].



### 7/ ROWING MACHINE

Focus on using your legs and not just pulling with your arms [A]. Keep your back straight and upright throughout the movement [B].





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# LOSE YOUR GUT!

PART **2**

# The New Science of Slim

You've got flab, we've got solutions. Our fat-fighting experts answer 9 common weight-loss questions

BY MARIA MASTERS AND K. ALEISHA FETTERS



LOSING WEIGHT CAN FEEL like a battlefield. Yes, you're exercising and watching what you eat, but you aren't seeing the muscle gain and fat loss you want. Never fear - *Men's Health* experts are here to answer your toughest questions, tweak your routine and guide you along your journey towards a superhero physique





WEIGHT-LOSS  
GUESSWORK CAN FEEL  
ABOUT AS ACCURATE  
AS COUNTING  
BEANS IN A JAR



# 1

## I like my beer... but not my belly. How many kilojoules can I drink in a day?

Budget kilojoules much as you budget money. It's one part of your decision-making pie. (Mmm... pie.) If you're on a 8 368kJ diet (that's 2 000 calories), a good goal for a guy who works out three days a week and wants to lose weight, you can take in 836 to 1 673 "anything" kilojoules a day. But according to a study in the *American Journal of Clinical Nutrition*, men eat more kilojoules and make healthier food choices on days they drink alcohol. David Levitsky, a professor of nutritional sciences at Cornell, says even a slight buzz makes you focus on immediate gratification (food) rather than long-term goals (weight loss). He recommends eating a snack rich in protein and healthy fats, such as nuts, before that first sip. That will keep your blood sugar levels steady and slow alcohol absorption, which can help fend off post-drinking pig-outs, he says. In any case, you'll want to limit alcohol to two drinks a day, 14 a week, to avoid trouble.

# 2

## I'm trying to lose weight with replacement meals. Is there a better way?

Yes: learn to cook. It's the key to a lean body and a fat wallet - and it keeps you in control of the kilojoules you're eating, says Lindsay Martin. One Harvard School of Public Health analysis claims that swapping refined grains for healthier whole foods - fruits, vegetables, and fish - costs about R20 extra a day. Martin swears by "cross-utilisation": buying simple, healthy staples and making as many meals with them as possible.

## BUY THIS, MAKE THAT

### Keep these 11 foods handy, and healthy meals are easy

Bell peppers, berries, broccoli, chicken, chickpeas, eggs, Greek yoghurt, mixed greens, quinoa, salmon, walnuts

#### CHOOSE A DISH

- 1 SAUTÉ BROCCOLI AND BELL PEPPERS; COMBINE THEM WITH A FEW EGGS FOR AN OMELETTE.
- 2 WILT GREENS IN COOKED QUINOA AND TOP WITH NUTS AND PEPPERS.
- 3 EAT BERRIES WITH YOGHURT FOR SNACKS AND DESSERTS.
- 4 SEAR SALMON IN A PAN AND SERVE IT WITH STEAMED BROCCOLI AND QUINOA.
- 5 BAKE SALMON, TOP WITH A DOLLOP OF YOGHURT MIXED WITH CHIVES, AND SERVE OVER MIXED GREENS WITH NUTS, BERRIES AND QUINOA.

# 3

## I tried to cut out sugar and went crazy with cravings. What can I do?

It's all in the timing: when you eat and how slowly you kick the habit. "You're hardwired to crave sugary foods because they have readily available kilojoules," says Dr Yoni Freedhoff, author of *The Diet Fix*. "When you're really hungry, you crave foods high in kilojoules. It's a physiological response as well as a psychological one." So avoid a biscuit binge by eating to minimise hunger: plan three well-balanced meals and two snacks a day that include plenty of protein, which has a higher satiating power than fat or carbs. Now make another plan to gradually cut the sweet stuff. If you abruptly slash your sugar intake by half, your palate will freak out, says Freedhoff. Set a goal to cut your consumption by 10% a week; in five weeks, you'll hit that 50% milestone. First, target those liquid sugars: you can swap in a diet soda for regular at first, but try to switch to just water or tea. Next, look at the added sugars in your diet and start replacing them with lower-sugar alternatives. If you're salivating over ice cream, try Greek yoghurt with fresh fruit or a frozen banana. "A lot of times, it's less about the food itself than it is the habit of eating and the reward that comes along with it," says *Men's Health* nutrition advisor Mike Roussell. "You can keep the habit but cut out the sugar."

REV YOUR METABOLISM  
WITH THE RIGHT  
MOVES SO YOU DON'T  
FEEL LIKE YOU'RE  
RUNNING IN THE DARK

# 4

## To crank up metabolism, what's more important: diet or exercise?

Actually, your genes are, but you can fine-tune your metabolism. Kilo-for-kilo, muscle burns more kilojoules than fat, explains Diana Thomas, director of the Centre for Quantitative Obesity Research at Montclair State University. The best way to increase muscle and decrease fat is with high-intensity interval resistance training (HIRT), says Thomas. HIRT builds muscle and burns fat - and continues to do so even after you leave the gym. In one recent Italian study, lifters doing HIRT burned 18% more kilojoules 22 hours after exercising than guys who did traditional strength training.

## HIRT SO GOOD... FOR YOUR METABOLISM

The key to firing up your fat-burning furnace is high-intensity interval resistance training. Don't worry - this approach has rest built in

	TIME	EXERCISES	WEIGHT	PROTOCOL
HIRT	32 MINUTES	3 EXERCISES, 7 SETS	80-85% OF 1-REP MAX	DO 6 REPS, REST 20 SECONDS, DO 2 TO 3 REPS, REST 20 SECONDS, DO 2 TO 3 REPS. THAT'S 1 SET. DO 7.
TRADITIONAL TRAINING (TT)	62 MINUTES	8 EXERCISES, 4 SETS	70-75% OF 1-REP MAX	DO 8-12 REPS, REST 1 OR 2 MINUTES. THAT'S 1 SET. DO 4.

	TT		HIRT	
	DURING	AFTER 22 HRS	DURING	AFTER 22 HRS
KILOJOULE BURN PER DAY	7 950	8 365	7 990	9 880
RESPIRATORY RATIO*	0.826	0.822	0.827	0.798

Source: *Journal of Translational Medicine*

\* A respiratory ratio of 0.7 means more fat burn; a ratio near 1 burns more carbs.



# 5

## How much harm can a side of fries do?

Perhaps none – and it may even help you drop kilos. Weight loss is a marathon, not a sprint, and of course you'll indulge. But you've just used up your daily calorie allowance. "Your junk-food allotment shouldn't take up more than 10 to 20% of your total daily kilojoules," says *Men's Health* nutrition adviser Alan Aragon. Let's do the maths: On a 8 368kJ (2 000 calories) diet, that's 835 to 1 675 kilojoules on a splurge item. A medium order of fries can run about 1 675 kilojoules, and keep in mind that it's also a starch infused with unhealthy fats. But if you deprive yourself of foods you love, you might be more likely to binge later on, says Aragon.



EAT THE FOODS YOU LOVE  
IN MODERATION, AND  
YOU'LL STAY ON TOP OF  
YOUR WEIGHT-LOSS GAME.

# 6

## There are so many diets out there! Which one is the best to lose weight on?

No one diet works for everyone. In fact, scientists are starting to tire of fad diets altogether. The reason: they are just plain unappealing. "People should avoid any diet plan that tells them to needlessly avoid food groups," says Aragon. "The best diet is the one you can actually keep, and it should be individualised to your personal preferences." If you pick a diet that excludes, say, bread, and

you love bread, you're likely to cave in to your craving and blow off the diet entirely. Healthy eating pulls from all the food groups, but in moderation. The research is backing up that approach. A review from Yale University looked at some of the most popular diets – Paleo, low-fat/vegetarian, low-carb, Mediterranean and others – and found that none is superior in terms of weight loss. Check out the chart below, and borrow the healthy eating strategies that work for you. Skip the ones that don't.

## DECODE THE DIETS

Get the 411 on these top healthy eating strategies

● Plant Foods ● Healthy Fats ● No Processed Foods ● Whole Grains ● Lean Meats ● Seafood

	PROS	CONS	STEAL THIS
<b>PALEO</b> ● ● ● ●	IT'S SIMPLE. MINIMISES PROCESSED FOODS AND EMPHASIZES PLANT FOODS AND LEAN MEATS.	RESTRICTS DAIRY AND WHOLE GRAINS.	AVOID STUFF IN WRAPPERS. REFINED AND PROCESSED FOODS TEND TO BE HEAVY IN KILOJOULES BUT NOT SATIATING. REPORTS A HARVARD STUDY. PALEO FANS SNACK ON NUTS AND SEEDS.
<b>LOW-FAT/VEGETARIAN</b> ● ● ● ● ●	PROMOTES VEGETABLES AND FISH AND RESTRICTS FAT.	LEAN MEATS LIKE CHICKEN, WHICH MAY BOOST SATIETY LEVELS, ARE LIMITED, AND SO ARE HEALTHY MONOUNSATURATED FATS.	INCORPORATING MORE FIBRE INTO YOUR DIET WITH MORE VEGETABLES, WHOLE GRAINS AND LEGUMES IS A PROVEN WAY TO HELP YOU LOSE MORE WEIGHT.
<b>MEDITERRANEAN</b> ● ● ● ● ● ●	EMPHASIZES HEALTHY FATS, LIKE OLIVE OIL, AND WHOLE FOODS, SUCH AS PRODUCE, WHOLE GRAINS AND FISH.	LOW ON RED MEAT.	A LANDMARK STUDY IN <i>THE INTERNATIONAL JOURNAL OF OBESITY</i> FOUND THAT MEN WHO EAT THREE SERVINGS A WEEK OF LEAN OR FATTY FISH LOSE MORE WEIGHT ON A DIET THAN THOSE WHO DON'T.



7

### What's a safe way to drop kilograms quickly? Do prescription pills help?

First of all, a safe weight-loss rate is 500 grams to 1 kilogram a week. Any faster and you'll lose both fat and muscle. And if you regain the weight quickly, as often happens with lose-weight fast diets, you could end up with a higher percentage of body fat, says Holly Herrington of Northwestern University. The best way to slim down is to eat fewer kilojoules (with lots of healthy fruits, vegetables, grains and lean proteins) and exercise more. You should include both cardio and muscle-strengthening workouts, 45 to 60 minutes a day most days of the week. Simple. And don't even think about an over-the-counter shortcut to get cut for the beach. Those prescription meds are intended for clinically obese people. If you're seeking weight loss help through medication, check with your doctor first: these drugs can pose serious health risks.

## SWING OFF FAT

Stand with your feet shoulder-width apart and knees slightly bent. Grab the kettlebell with one hand and hold it straight out in front of your waist. Keeping your back flat throughout the movement, swing the kettlebell between your legs. As you let the kettlebell swing up to chest level, thrust your hips forward, squeeze your glutes, and keep your arm straight. That's 1 rep. Swing the weight back and forth for 30 seconds.

### YOUR ZERO-TO-500-SWINGS PLAN

- 1 START WITH A GOAL OF 100 SWINGS AT LEAST 3 DAYS A WEEK. DO 2 SETS OF 20 WITH 30 SECONDS OF REST BETWEEN SETS, THEN 4 SETS OF 15 WITH 30 SECONDS OF REST BETWEEN SETS.
- 2 EVERY WEEK ADD 25 SWINGS. AFTER 16 WEEKS YOU'LL BE AT 500, AND YOU SHOULD SEE MUSCLE GAINS AND WEIGHT LOSSES ALL OVER YOUR BODY.

8

### What's the best exercise to blast midsection flab?

To lose your gut, do a total-body blasting exercise that torches fat all over. (You'll see fat losses in your arms, chest and shoulders before you sculpt that stubborn belly.) "The kettlebell swing is great: it's a power-building exercise that can also be a metabolism-cranking workout," says *Men's Health* fitness advisor BJ Gaddour. To work your whole body instead of just your legs, swap in a 30-minute kettlebell routine for 30 minutes on the treadmill. To really carve your core, try single-arm swings (above). "Your core muscles have to work harder to resist the tilting and turning forces around your spine," says Gaddour.

9

### I run six days a week, but my belly is still there. What am I doing wrong?

Your dedication to distance running is admirable, but if that's your main weight-loss activity, it's time for a rethink. You should consider mixing some weightlifting days into your schedule and adding lots of explosive exercises into your routine. But you're a runner. That's fine. "To build your body so it can tolerate longer and harder bouts of exercise (and burn more kilojoules) mix up your training with hard and easy days," says exercise physiologist Janet Hamilton. Here's Hamilton's prescription:

## GO HARD, GO EASY

Use this weekly calendar to vary your runs and throw in some yoga and weights too

MON	HARD - 9.5KM TO 13KM AT A PACE WHERE IT'S EASY TO CONVERSE IN SENTENCES.
TUES	EASY - YOGA, TAI CHI OR ANOTHER TRAINING TYPE THAT SPEEDS MUSCLE RECOVERY.
WED	HARD - 6.5KM AT A PACE WHERE YOU CAN STILL CONVERSE IN SENTENCES. RUN HILLS IF YOU LIKE, BUT THEY'RE NOT MANDATORY.
THURS	EASY - 3KM AT A RECOVERY EFFORT.
FRI	HARD - 6.5KM; MAY INCLUDE UP TO 1.5KM AT A 10K-RACE EFFORT IN THE MIDDLE.
SAT	EASY - GENERAL STRENGTH TRAINING WITH BODYWEIGHT RESISTANCE.
SUN	REST

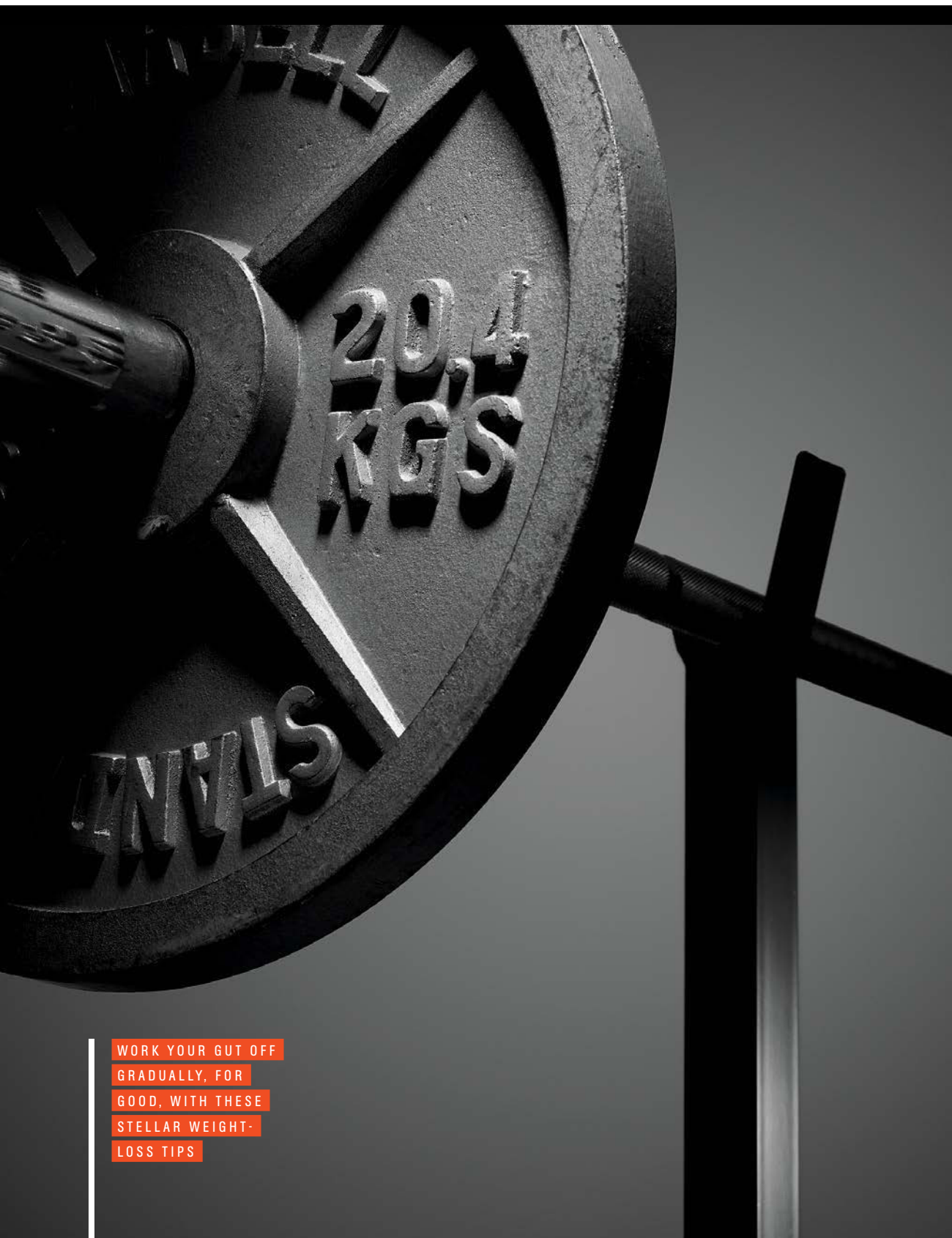
# Go Without Your Gut

Belly too big? Think small. Choose from our list of easy expert-approved, research-backed waist reducers, and shrink your gut in no time flat **BY CINDY KUZMA**

**R**

**RIVERS CUT CANYONS. CONTINENTS DRIFT.** The guy in seat 23F hogs the armrest. Before we even notice, subtle shifts can add up to big changes. Social scientists call this “creeping normalcy”. It’s bad news when it comes to climate change or boep development, but you can use it as a tool to sculpt a new, leaner you. ■ A dramatic diet change - say, cutting hundreds of kilojoules a day - can slow your metabolism and thwart your efforts to lose lard. But with smaller adjustments, your body’s furnace won’t dial down and weight loss may be easier. That’s according to Dr Scott Kahan, director of the US National Centre for Weight and Wellness. He’s one of many experts we consulted for this compendium of simple baby steps that add up to giant leaps for mankind.





WORK YOUR GUT OFF  
GRADUALLY, FOR  
GOOD, WITH THESE  
STELLAR WEIGHT-  
LOSS TIPS

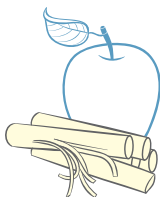
■ In fact, focusing on just one seemingly trivial change each week can result in about four times the weight loss over a four-month period that a standard diet-and-exercise plan would yield, a study in the *Annals of Behavioural Medicine* found. ■ Another study published in the journal *Eating Behaviours* found that overambitious diet expectations can lead to big weight fluctuations. So focus on small steps and gradual weight loss for long-lasting results. Start by trying out the following tweaks over the coming weeks – but only a few at a time!

## CUT YOUR CONSUMPTION

1

### Preload

Before a big restaurant meal, eat an 835 kilojoule snack that contains at least 15 grams of protein – a shake with whey protein powder, for example. With a gut full of satiating protein and fewer hunger hormones circulating, you'll eat less at the restaurant and cut your total kilojoule count as a result, says Kahan.



things like “This grass-fed rib-eye is juicy” can create a vivid “meal memory” that keeps you fuller for longer, a UK study found. Smell plays a huge part in the satisfaction of a meal, says Karlien Smit, registered dietician from Shelly Meltzer & Associates, so use fragrant ingredients like herbs and spices.

### 2 Don't Top Off

Picture a petrol gauge in your gut; E means you're ravenous and F represents full. Aim to stay between a half and three-quarters of a tank by eating before you feel famished and stopping when you're satisfied, not stuffed, says Matt Lawson, a behaviour coach for the weight-loss company Retrofit.

### 3 Chew On It

Men in a Chinese study who chomped each bite 40 times ate 12% less than those who chewed 15 times. Chewing may kickstart the digestive process, speeding the release of gut hormones linked to satiety, the researchers say.

### 4 Think Like a Foodie

Take time to note the texture, smell and source of your food. Saying

### 5 Read an Awesome Health, Fitness and Nutrition Magazine

Researchers in the Netherlands say this tactic, called priming, works on a subconscious level. Most recently they found that people who were handed recipes with diet-related keywords when entering a grocery store bought fewer chips, biscuits and cakes – even if they said they hadn't really paid much attention to the handout.





### 6 Plan Shopping Trips

Starving shoppers really do load their trollies with more high-kilojoule options, a study in *JAMA Internal Medicine* reports. The best time to shop is after breakfast on a weekend, says Anita Mirchandani, a New York City dietician. If that's not a good time for you, buy a medium-sized fruit or some fresh vegetables from the salad bar to nosh on as you shop. If the grocery shop is too tempting, make calculated choices online, says Smit. (Shop online at [pnponline.co.za](http://pnponline.co.za) or [woolworths.co.za](http://woolworths.co.za)).

7 ✓

✗





## SNACK ON THIS SKIP THAT

	
20g Woolworths Cassava Pops crisps + 2 tbsp guacamole dip 483KJ   5G FAT	36g Lay's salted chips + 2 tbsp sour cream dip 980KJ   17.6G FAT
	
Pancake with cinnamon and sugar 630KJ   2.5G FAT	Slice of cake with icing 1 008KJ   13G FAT
	
30g Woolworths Air Popped Corn with 1 tsp chilli powder 495KJ   1.5G FAT	36g Spicy Doritos 906KJ   10.8G FAT
	
Hot cross bun + 2 tbsp low-fat smooth cottage cheese 740KJ   3.2G FAT	Croissant + 2 tbsp low-fat cream cheese 1 190KJ   17.9G FAT

8 ✓

✗

## DRINK THIS SKIP THAT

	
Woolworths flavoured sparkling water 0KJ   0G FAT	Vitamin Water 479KJ   0G FAT
	
250ml Skinny cappuccino 210KJ   0G FAT	250ml Café Mocha 840KJ   11G FAT
	
Castle Lite 421KJ	A double brandy and coke 939KJ
	
250ml Tomato juice 150KJ	250ml mixed berry juice 520KJ

## 9 Eat Flat-Belly Fare

When you subtract kilojoules from your diet, add back the right stuff: a study in the *American Journal of Clinical Nutrition* finds that certain nutrients can help keep you in shape. Grub high in the ones listed below tends to be lower in kilojoules and higher in filling fibre, says study author Christina Shay.

### VITAMIN A

In a study in the journal *Obesity*, vitamin A helped regulate fat tissue in mice. Those fed A-deficient diets were the fatter rodents.

**FIND IT IN** Sweet potatoes, carrots, spinach

### NONHEME

Researchers from Australia say obese people experience disruptions as their bodies metabolise iron, although it's not clear why. Most of the iron in your diet is nonheme, which means it comes from plant sources. Heme iron comes from animal sources such as beef.

**FIND IT IN** White beans, lentils, artichokes

### VITAMIN C

Researchers from Spain found that obese rats on high-fat diets gained less fat if their chow was enriched with C. The vitamin's antioxidant effects may cut fat formation.

**FIND IT IN** Red peppers, oranges, broccoli

### MAGNESIUM

One study found that the less magnesium people consumed, the more likely they had a cluster of conditions (including obesity) that raises heart disease and diabetes risk. Magnesium deficiency coupled with obesity may contribute to insulin resistance.

**FIND IT IN** Bulgur, chickpeas, Brazil nuts

## TURN UP YOUR BURN



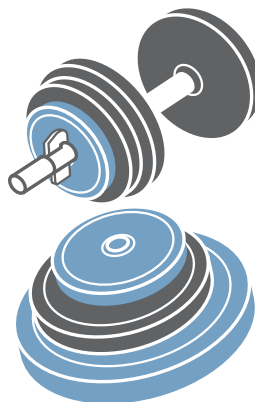
with this workout. Do each exercise for 20 seconds, with 20 seconds of rest between moves. Do the cycle two or three times. Interval-style training can increase kilojoule burn for up to 22 hours.

- 1 Shadowboxing
- 2 Skipping
- 3 Walking lunge
- 4 Side shuffle with medicine ball
- 5 High-low exchange\*
- 6 Box jump
- 7 Push-up with row
- 8 Rotational sit-up
- 9 Burpee
- 10 Pull-up

\*Lie on your back and hold a stability ball between your ankles. Then pass it from feet to hands, keeping your core tight.

## 11 Change Things Up

Swap rowing for running or free weights for machines. New moves can help speed your heart rate from 60% to 80% of your max, so you burn an extra 500 kilojoules an hour, says fitness director Scott Danberg. Also, constantly assess how challenging your workout feels. By noting progress and increasing your weight and intensity accordingly, you will avoid undesirable plateaus.



## 10

### Steal a Workout From a Pro

American Major League Soccer player Bill Hamid helped cut his body fat from 19% to less than 10%



# 12

## Hit the Sand

Running on a shifting surface can force you to expend 30% more energy than running on grass does, according to a study in the *Journal of Science and Medicine in Sport*. The result is more kilojoules burned, because your muscles must work harder to stabilise your body. Nowhere near a beach? No problem. Just choose the least stable terrain you can find - soft grass or trail, say - instead of hard tar.

## 13 Go Back-to-Back

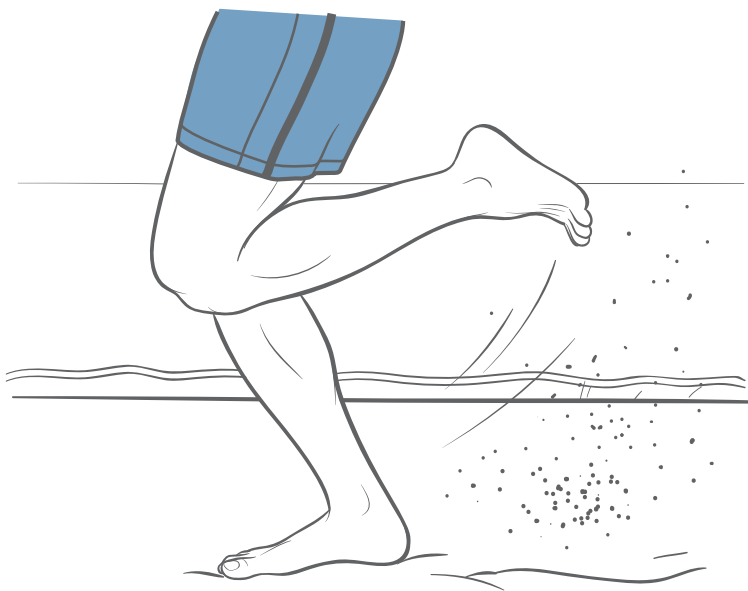
To crank your metabolism, rest just 30 to 60 seconds between your weightlifting sets, says certified strength and conditioning trainer Marc Perry.

## 14 Do Full-body Cardio

The more muscle groups you involve, the more kilojoules you torch. An 80kg guy burns about about 1 400kJ in 30 minutes of vigorous rowing - 580 more than in an elliptical workout.

## 15 Walk or Run a Kilometre-and-a-Half

C'mon, it'll just take a few minutes. Doing this instead of driving that distance can result in a BMI decrease comparable to cutting 420 kilojoules a day, a study in *Preventive Medicine* suggests.



## 16 Race a Fitter Friend

Cyclists competing with an opponent who was slightly speedier pushed hard for 9 minutes longer than those who cycled alone, say researchers at Michigan State University.

## 17 Wake Up Earlier

... and work out before breakfast. (Okay, not all of these are easy.) You'll force your body to burn stored fat, a 2013 UK study found.

## 18 Move More Outside the Gym

An 80kg guy doing any of these can burn about 167 kilojoules in 10 minutes.

○ BATH THE DOG

○ CARVE WOOD

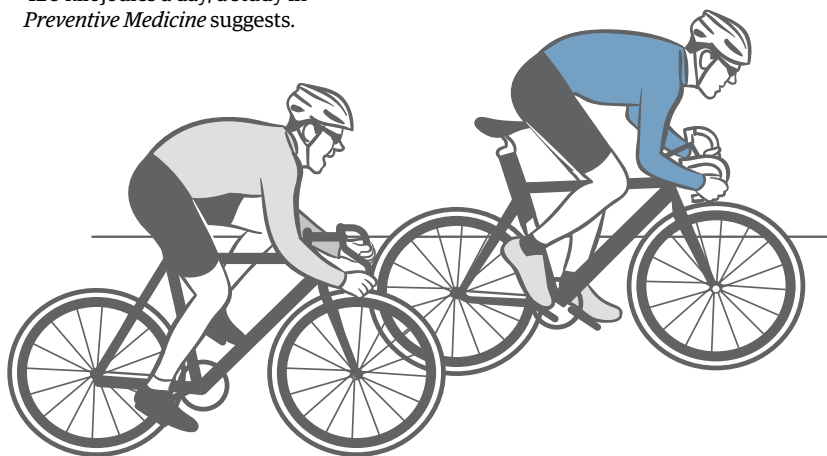
○ PLAY GUITAR

○ MOP THE KITCHEN FLOOR

○ MAKE THE BEDS

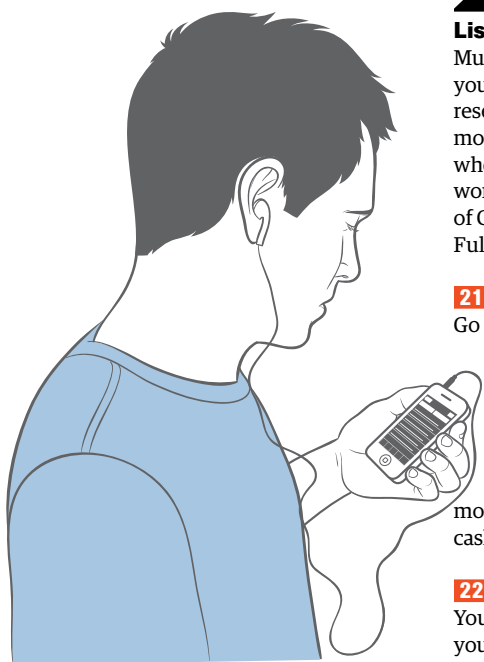
○ PULL WEEDS

○ WALTZ OR TANGO



## 19 Push to Excel

Few moves work faster than the push-up to broaden your upper body and make your waist look smaller. By moving your hands out and away from your torso, you "force your pecs to work harder," says BJ Gaddour. Hold that position for 30 seconds and you will increase the amount of time your pecs are under tension, further accelerating their growth.



## 20

### Listen to Your Past

Music that inspires you helps you work out harder and longer, research shows. You'll be motivated most by songs that were playing when you had your first kiss or won something, says Lee Brown of California State University at Fullerton.

### 21 Make a Deal

Go to [stickk.com](http://stickk.com) and pledge to fork over cash if you miss a goal. In a Mayo Clinic study, some people in a weight-loss plan earned \$20 a month if they shed kilos, and paid \$20 if they didn't. They lost three kilos more in a year than those with no cash at stake.

### 22 Track your Meals

Your smartphone app can help you lose more weight than a paper

journal can, reveals British research. Keep it handy on the weekends, especially, when the binge risk looms largest, says Leslie Bonci, director of sports nutrition at the University of Pittsburgh Medical Centre.

### 23 Break Out the Measuring Spoons and Cups

You don't have to use them religiously, but haul them out every few weeks for a spot check. Serve yourself a typical portion, then measure to see how far you've strayed from the recommended serving size, says dietician Allison Stowell. By checking in with your measuring utensils, you will mitigate the natural tendency to oversize your portions, which will allow you to stay on track with weight loss. Out to dinner? Find an app that provides on-the-go portion size estimates to help you avoid overindulging.

## ▶ SERVE YOURSELF

**Are you underestimating (or overestimating) your intake? Be wary of guesstimating your portion sizes. Karlien Smit, registered dietician, shows you how to get a good idea of healthy portion sizes**

90g red meat/poultry/fish

=

deck of playing cards

1 cup of cereal

=

tight fist

medium apple/pear

=

tennis ball

30g dried fruit

=

golf ball

30g cheese

=

small matchbox

1 tsp of butter

=

thumb tip

½ cup pasta/rice/  
vegetables

=

computer mouse

a muffin

=

doorknob

2 tbsp nuts or sweets

=

one handful (closed hand) or  
shot glass

a pancake

=

CD

medium potato

=

computer mouse

a bread roll

=

palm size

1 biscuit

=

bath plug

\*These serving sizes might need to be adjusted according to body composition, goals, age, activity level and medical history.

# Lean Body Secrets

If you're failing to drop kilograms, don't blame your lack of self-control; you might just need to change your approach. Here are our top tips to help you lose serious weight

BY DR MICHAEL ROUSSELL



**HUNGER IS ONE OF OUR PRIMAL HUMAN URGES,** but it's a tough thing to grasp, a marionette with many masters. A variety of neurotransmitters and hormones ultimately pull the strings - appetite suppressors and boosters, plus others that affect satiety and stress - and they, in turn, are manipulated by your body's clock. ■ There are two kinds of hunger: physiological and rewards-driven. One is ruled by your body's instinct to find the energy it needs to survive, while the other is psychological, influenced by smell, sight, stress, and social and environmental settings - the gauntlet of daily life. ■ The problem is, your body, and your brain, often struggles to differentiate between the two: do you really need fuel or did a commercial just flash a juicy burger? Research reveals ways you can control your brain's reward system to shrink your waist.





GET A GRASP ON  
YOUR BRAIN'S  
REWARDS SYSTEM  
TO SHRINK YOUR  
GUT FOR FOOD

■ For instance, Heather Leidy, an assistant professor of nutrition and exercise physiology at the University of Missouri, used functional MRI technology to find out how people's reward centres responded to appetising images of food after they'd eaten or skipped breakfast. She found that eating a protein-rich breakfast can dampen hunger all day long. Use this strategy - and the six others that follow - to control your cravings. Just remember that hunger is like the All Blacks backline: you can't shut it down, but you can contain it.

#### ■ Know Thyself

Physiological hunger arises from an imbalance in your kilojoules-in versus kilojoules-out equation. To deal with hunger rationally, you have to do a bit of maths: tally your kilojoule consumption and compare the result with your total kilojoule burn. This helps you identify and ignore rewards-driven cues.

##### WINNING STRATEGY

Use the *Men's Health* kilojoule-target calculator to estimate the kilojoules you need to maintain your weight. Write down everything you eat and drink for a couple of days. If you're near your target kilojoule number and your weight is staying steady, then most of your hunger pangs are rewards-driven. If you're trying to lose weight, cut your intake by up to 2 100 kilojoules a day.

#### ■ Eat More, Weigh Less

Studies using just a simple salad have changed the way nutritionists think about hunger and food consumption. Barbara Rolls, a professor of nutritional sciences at Penn State University, recently examined the impact of eating a large-volume, 420-kilojoule salad - that's 3 cups of chopped lettuce, ½ medium carrot, 1 sliced radish, ½ tomato, 2 tablespoons of reduced-fat shredded cheddar cheese, and

½ medium cucumber tossed with 2 tablespoons of reduced-fat Italian dressing - either before or with dinner. People who ate the salad, regardless of when it was during the meal, reported feeling more full and ate 11% less in total kilojoules over the course of the dinner. Another study by Rolls found that consuming a broth-based soup or an apple before a meal can also help curb calorie intake. Why does it work? We tend to eat a fixed weight of food every day, regardless of kilojoule or nutrient content.

##### WINNING STRATEGY

Eat as much as you can of foods with very low kilojoule densities - such as non-starchy vegetables, broth-based soups, and fruit, says Rolls. Consume reasonable amounts of low-density stuff, like whole grains, legumes, lean protein, starchy vegetables, and low-fat dairy. Eat only small portions of medium-density foods, like bread, cheese, nuts and higher-fat meat and dairy. And obviously, limit those high kilojoule-density food bombs, like fried snacks, candy and cookies.

#### ■ Don't Swallow Stress

When you're stressed, your body releases the hormone cortisol, which can interfere with insulin and boost your blood glucose; it's your body's instant fuel for outrunning

a predator on the savannah. But unless you're actually running away from your supervisor, that fuel tends to become belly fat, even as stress strengthens hunger. Worse, a study in the journal *Appetite* found that stressed out eaters were more likely to consume fatty, salty, and sugary foods, like french fries, chips and candy.

##### WINNING STRATEGY

For long-term solutions, "dissipate stress and you'll dissipate stress eating," says psychologist Lisa Groesz, author of the study in *Appetite*. "Think about how you interpret stressful events. Then let go of what is not in your control," she says. And try to exercise every day; exercise is a proven stress reducer, but not because of the flood of endorphins, says Robert Thayer, a professor of psychology at California State University at Long Beach. More likely it's through the interaction of norepinephrine and serotonin, neurotransmitters that help your brain deal with stress.

#### ■ Pound Protein

Leidy's research suggests that consuming high-protein meals can reduce rewards-driven hunger. "Our study looked at the impact of protein at breakfast, but I would suspect that eating a high-protein snack in the afternoon would also reduce rewards-driven hunger later in the evening." Leidy also determined that the satiety hormone peptide YY, or PYY, remained elevated for several hours after a high-protein meal.

##### WINNING STRATEGY

Make sure to eat 20 to 30 grams of protein at every meal and always for your afternoon snack.

YOU CAN'T SHOOT  
DOWN THOSE HUNGER  
PANGS, BUT YOU  
CAN LEARN HOW TO  
CONTROL THEM







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# RAMP UP YOUR WORKOUTS!

# The 4-Week Fat Shredder

Harness the power of metabolic resistance training to get fit faster than ever **BY MICHAEL EASTER**



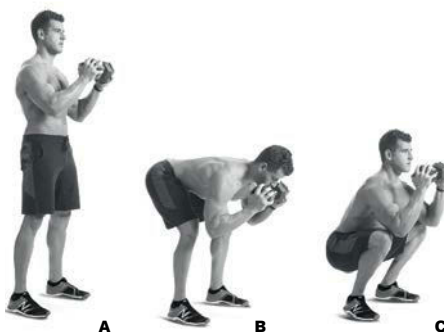
IF YOU'RE LOOKING FOR A CUTTING-EDGE fitness system that melts fat, incinerates kilojoules, and builds serious strength then it's time to tap into the power of metabolic resistance training. ■ You might describe it as both an evolution and a fusion of a classic circuit workout and high-intensity interval training. In other words, this 4-week plan will torch serious kilojoules. ■ "By working more muscle in every exercise, you'll build greater total-body strength while torching kilojoules at a blistering pace," says trainer BJ Gaddour. Plus, he says, people like the fast-paced, timed approach better than rep-counting routines. "There's no minute wasted and there's nothing to think about; you just work and sweat," he says. "And when you're done, you feel like you've conquered the world. That feeling is what keeps you coming back."



SLASH FAT WITH  
A WORKOUT  
THAT COMBINES  
CARDIO AND  
STRENGTH MOVES



## WORKOUT A



### 1/ DUMBBELL GOOD MORNING TO CLOSE-STANCE FRONT SQUAT

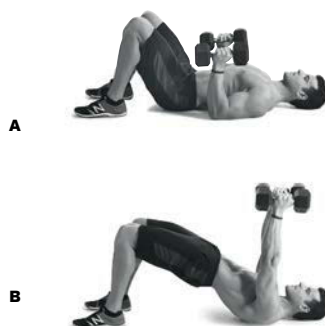
Hold a dumbbell in front of your chest with your feet hip-width apart and knees slightly bent [A]. Push your butt back and hinge at your hips, lowering your torso until it's nearly parallel to the floor [B]. Hold for 2 seconds and return to the starting position. Keeping your torso upright, squat down until your thighs are at least parallel to the floor [C]. Hold for 2 seconds and return to the starting position.

#### MAKE IT EASIER

Squat onto a bench.

#### MAKE IT HARDER

Increase the weight, hold a dumbbell in each hand, or squat deeper.



### 2/ DUMBBELL HIP RAISE AND FLOOR PRESS

Lie on your back with your feet flat and a dumbbell in each hand [A]. Drive through your heels as you raise your hips and extend your arms [B]. Hold for 2 seconds and slowly return to the starting position.

#### MAKE IT EASIER

Decrease the weight.

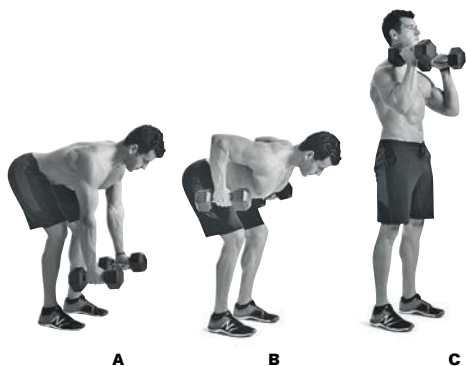
#### MAKE IT HARDER

Lift one leg off the floor. Switch legs after 30 seconds.

#### ► DIRECTIONS

Do three workouts a week, alternating between A and B with a day of rest in between. Perform the workouts as circuits, doing each exercise for 60 seconds and moving from one to the next with 30 seconds of rest. Do up to six circuits per workout, resting a minute between them. "For an even greater challenge, combine both workouts into one big circuit," says Gaddour. Follow the same work-to-rest ratio, doing up to three megacircuits per workout, three times a week.

► Many guys approach strength and cardio separately. "But by combining them, you can make every workout pull double-duty," says BJ Gaddour. The result: two fat-frying routines that will set your lungs on fire.



### 3/ NEUTRAL-GRIP DUMBBELL ROW TO CLEAN

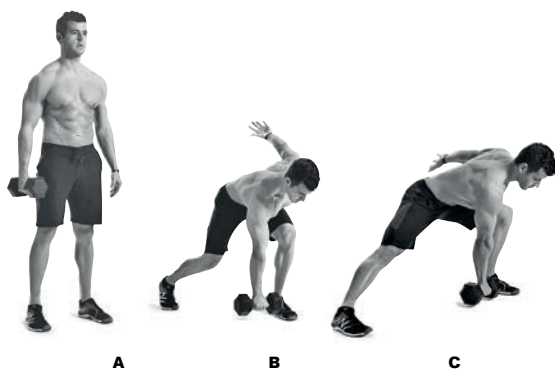
Lower your torso and let the weights hang at arm's length, palms in [A]. Row the weights to your sides [B]. hold for 2 seconds, lower them, and repeat. Drive your hips forward, raise your torso, and curl the weights [C].

#### MAKE IT EASIER

Decrease the weight.

#### MAKE IT HARDER

Increase the weight.



### 4/ DUMBBELL FORWARD HINGE TO SIDE LUNGE

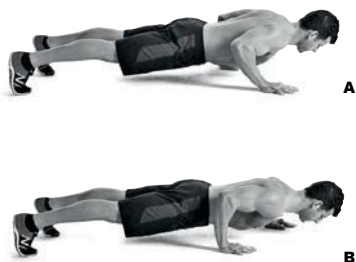
Hold a dumbbell in your right hand [A]. Step forward with your left leg and lower the weight to your left foot [B]. Stand back up. Step out to your left and lower the weight to your left foot [C]. Switch legs after 30 seconds.

#### MAKE IT EASIER

Decrease the weight.

#### MAKE IT HARDER

Increase the weight.



### 5/ MUD RUN PUSH-UP CRAWL

Assume a push-up position and lower your chest until it's a few inches off the floor. Move your right hand forward a few inches [A], then your left [B], and continue crawling forward for the allotted time.

#### MAKE IT EASIER

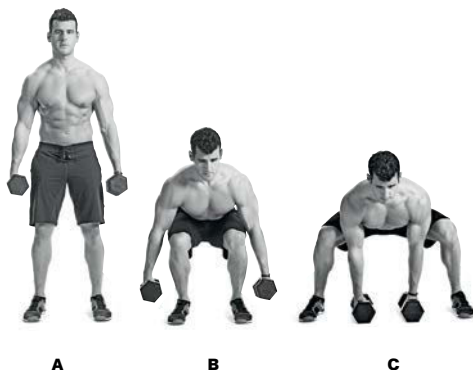
Keep your chest further off the floor.

#### MAKE IT HARDER

Alternate crawling forward, backwards, and side to side.



## WORKOUT B



### 1/ DUMBBELL SUITCASE DEADLIFT TO SUMO DEADLIFT

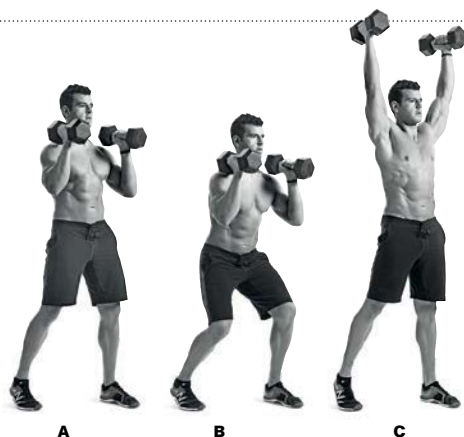
Hold a pair of dumbbells next to your sides and stand with your feet close enough that the weights don't touch your body **[A]**. Keeping your chest up, bend at your hips and knees and lower the weights as far as you can without rounding your back **[B]**. Pause for 2 seconds, and stand up. Now step to your left so your feet are twice shoulder-width, and lower the weights between your legs **[C]**. Stand up. Switch the direction you step into the sumo deadlift with each rep.

**MAKE IT EASIER**

Use only your bodyweight.

**MAKE IT HARDER**

Increase the weight.



### 2/ DUMBBELL STAGGERED PUSH PRESS

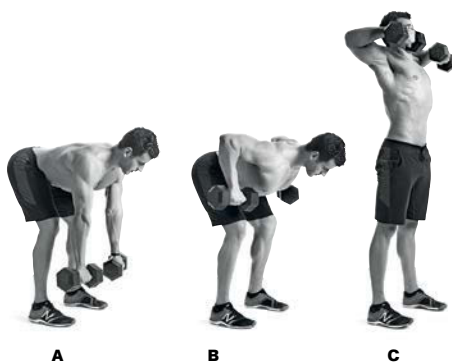
Hold a pair of dumbbells at shoulder level and assume a staggered stance, left foot forward **[A]**. Lower into a quarter squat **[B]** and explosively stand, pressing the weights overhead **[C]**. Switch legs after 30 seconds.

**MAKE IT EASIER**

Decrease the weight or assume a parallel stance.

**MAKE IT HARDER**

Increase the weight or drop into a full squat.



### 3/ DUMBBELL ROW TO HIGH PULL

Hold a pair of dumbbells at arm's length, palms back, and lower your torso **[A]**. Pull the weights to your chest **[B]**. Hold for 2 seconds, lower them, and repeat. Stand up explosively, pulling the weights as high as you can **[C]**.

**MAKE IT EASIER**

Decrease the weight.

**MAKE IT HARDER**

Increase the weight.



#### 4/ DUMBBELL HAND-TO-HAND STAGGERED HIP-HINGE

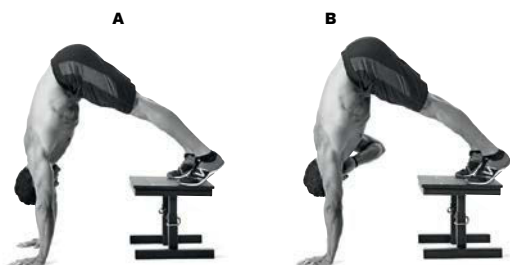
Hold a dumbbell in your left hand, left foot forward **[A]**. Bend at your hips and pass the weight to your right hand **[B]**. Raise your torso and repeat, passing the weight to your left hand. Switch legs after 30 seconds.

##### MAKE IT EASIER

Decrease the weight or assume a parallel stance.

##### MAKE IT HARDER

Increase the weight or perform on one leg at a time.



#### 5/ MODIFIED HANDSTAND SHOULDER TAP

Place your feet on a bench and pike your hips **[A]**. Slowly raise your right hand and touch your left shoulder **[B]**. Repeat with your left hand and right shoulder. Keep alternating sides.

##### MAKE IT EASIER

Assume a standard push-up position.

##### MAKE IT HARDER

Perform with your legs fully extended against a wall.

#### ► THE 84-DAY FAT-LOSS SOLUTION

If you like the workout detailed in this chapter, you'll love The Belly Off Plan. This 12-week weight-loss plan was designed by the *Men's Health* panel of experts to help you transform your body faster than you ever thought possible. Read on for a taste of what you can accomplish with the help of this easy-to-follow programme

**SHRED FAT** Forget expensive trainers, broscience and trends – we've got the professional solution that'll melt your fat. Specially crafted by the Sport Science Institute of SA, this 12-week workout plan works for everyone.

**STAY ON TRACK** The plan starts with mostly bodyweight work, at a carefully calibrated intensity. With clear instructions and guides for the perfect exercise form, you'll get through your 12 weeks without a niggle.

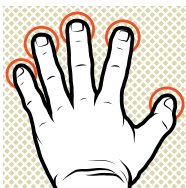
**EAT RIGHT** At *MH* we don't believe in "diets". We believe in eating plans, properly formulated to give you the results you want. Our plan can be easily scaled and customised to suit any bodyweight.

**KEEP IT OFF** The Belly Off Plan is not a short-term fix; it's the blueprint for a new lifestyle, designed to teach you the correct principles, making sure you master the mysteries of healthy eating and appropriate exercise.

**THE BELLY OFF PLAN IS AVAILABLE FOR JUST R499 AT [BELLYOFF.CO.ZA](http://BELLYOFF.CO.ZA)**

## PLAYING FAVOURITES

is natural. But doing it with exercises can lead to injury. "Many guys have shoulder imbalances and tight lats, especially if they do lots of chin-ups and pull-ups," says BJ Gaddour. The key to offsetting such imbalances is to incorporate opposing movement patterns into your workout. "The modified handstand shoulder tap is great in that regard," Gaddour says. "It lengthens your lats and boosts shoulder mobility as well as overall strength." Follow his tips below to master the move, part of Workout B on the previous page.



### GRIP THE GROUND

Splaying your fingers and grasping the floor will take pressure off your wrists and increase your base of support. Pressing down with your palms, meanwhile, will activate the muscles around your armpits, securing your shoulders and preventing a muscle impingement, explains Gaddour.



### LIFT YOUR HIPS

Assuming a pike position allows the exercise to really work its magic. "Lifting your hips shifts the workload from your chest to your shoulders and upper back," says Gaddour. "It also gives you that all-important stretch in your lats." That boosts shoulder mobility and range of motion.



### BRACE YOUR CORE

"Once you're upside down, tighten every muscle in your body, especially your core muscles and glutes," says Gaddour. "That will lock you into position, making you less likely to teeter over." While you're at it, keep your torso straight from your hips to your head to minimise the stress on your spine.



### PACE YOURSELF

"This exercise isn't a speed drill," says Gaddour. "Slowly touch one shoulder at a time, holding each tap for a count of two." That brief pause will increase the time your muscles are under tension – and the harder they work, the more they'll grow and the stronger you'll become.





OFFSET MUSCLE  
IMBALANCES BY  
ADDING OPPOSING  
MOVEMENT INTO  
YOUR WORKOUT





**STRONG AND  
LEAN IN 90 DAYS**

# Phase 1: Furious Fat Loss

Why wait to get in shape? Build muscle, fight flab and sculpt a stronger, fitter body with our three-month plan for total-body transformation

YOU'VE HEARD THE ADVICE: SWITCH UP YOUR ROUTINE EVERY FOUR TO SIX WEEKS TO AVOID PLATEAUS. BUT WITH SO many exercises to choose from, this can easily become an exercise in frustration - unless you start with the moves below. Pepper them throughout your workouts or combine all 10 for the ultimate total-body circuit. Either way, you'll enjoy the same payoffs: more muscle, fewer injuries and a body that seems tailor-made for slim-fit shirts.

## ► PERFECT THIS MOVE: DUMBBELL SINGLE-LEG STRAIGHT-LEG DEADLIFT

Most exercises have two things in common: "They take place in one plane of motion and they keep both your feet on the ground," says Robert dos Remedios, head strength and conditioning coach at California's College of the Canyons. The dumbbell single-leg straight-leg deadlift ups the ante by adding an element of instability, forcing your core to work overtime to keep you balanced. "That's why it's such a powerful exercise and a difficult one to master," says Dos Remedios. Here's how to do it with perfect form.



### Point Your Foot Down

Keep your back leg in line with your torso and point your toes at the floor. "That will help you maintain stability and control," says Dos Remedios. "If your toes point out, you're going to start opening your hips and tipping over."



### Keep Your Head Up

"If you drop your eyes, your shoulders will round," says Dos Remedios. "That in turn will cause you to lose the arch in your lower back and increase the stress on your spine." Keep your chest up for the same reason.



### Aim for Your Toes

As you lower, keep the weights close to your leg. "This ensures that you hinge forwards by pushing your hips back instead of bending at the waist," says Dos Remedios. "If I were to put my hand 20 centimetres behind your butt, you should hit it."



### Don't Touch Down

Unless you feel yourself falling, don't let the toes of your rear foot make contact with the floor. "That will force the leg you're standing on to work harder for balance," says Dos Remedios. The harder your muscles work, the faster they grow.



NOW DO THE WORKOUT



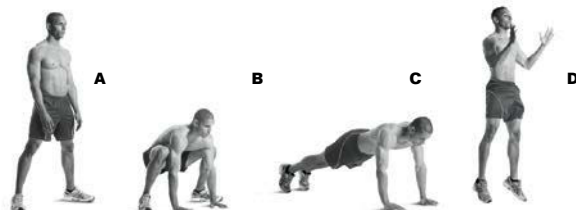
# PHASE ONE

# Furious Fat Loss

## DIRECTIONS

Alternate between workouts A and B each week, allowing one day of rest between them. For instance, if you do Workout A on Monday, do Workout B on Wednesday, A again on Friday and B on Sunday. Do each exercise for 30 seconds, resting 30 seconds before moving on to the next one. For each workout, complete the entire circuit of six exercises four to six times total.

## WORKOUT A



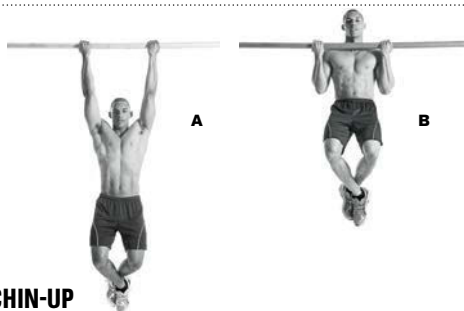
### 1/ BURPEE WITH JUMP

Stand with your feet slightly beyond shoulder-width apart and your arms hanging naturally by your sides **[A]**. Push your hips back, bend your knees and lower your body into a squat until you can place both hands on the floor **[B]**. Kick your legs back so you're in a push-up position **[C]**. Quickly pull your legs back into a squat and jump **[D]**. Land and repeat.



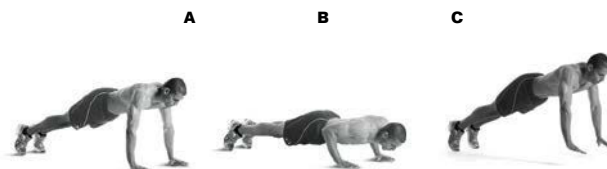
### 2/ ROTATIONAL LUNGE

Grab a dumbbell and hold it by its ends just below your chin **[A]**. Step forwards with your right leg and slowly lower your body until your front knee is bent at least 90 degrees and your rear knee is a few centimetres off the floor. As you lunge, rotate your upper body towards the same side as your front leg **[B]**. Pause, then push yourself back up to the starting position. Repeat for 10 seconds and switch legs.



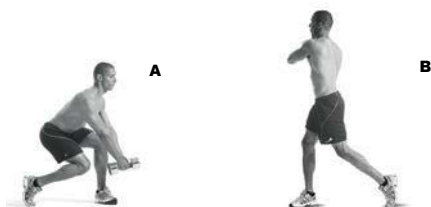
### 3/ CHIN-UP

Grab a chin-up bar with a shoulder-width, underhand grip and hang at arm's length **[A]**. (You should return to this position, known as a dead hang, each time you lower your body back down.) Pull your chest to the bar **[B]**. Once the top of your chest touches the bar, pause, then slowly lower your body to a dead hang.



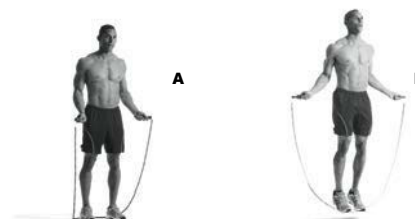
### 4/ EXPLOSIVE PUSH-UP

Get down on all fours with your arms straight and your hands slightly wider than your shoulders. Set your feet together and straighten your legs **[A]**. Lower your body until your chest nearly touches the floor **[B]**. Pause at the bottom and then push yourself up forcefully enough that your hands leave the floor **[C]**. Land softly and repeat.



### 5/ SINGLE-DUMBBELL CORKSCREW

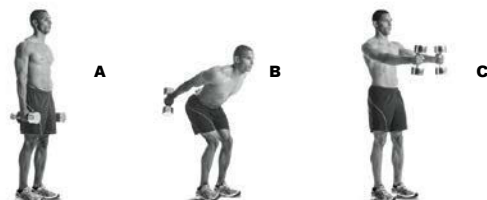
Squat down and hold a dumbbell with both hands at arm's length to the outside of your left knee **[A]**. Push up to a standing position and simultaneously swing the dumbbell up and across your body until it's above your right ear **[B]**. Return to the starting position and repeat. Switch sides after 10 seconds.



### 6/ SKIPPING

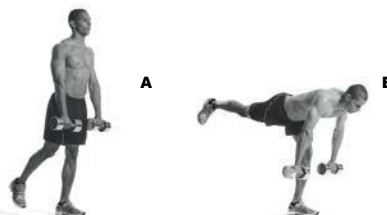
Hold the handles of a skipping rope and stand with your arms at your sides and the rope resting on the floor behind you **[A]**. Swing it in an arc over your head and down towards your feet, jumping over it by pushing off with the balls of your feet and pointing your toes down as you leave the floor **[B]**. Land softly, never letting your heels touch down.

## WORKOUT B



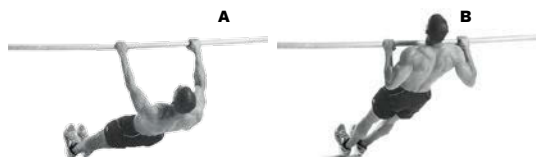
### 1/ DUMBBELL SKIER SWING

Grab two dumbbells and hold them at arm's length next to your sides with your feet hip-width apart and your knees slightly bent **[A]**. Without rounding your lower back, simultaneously hinge forwards at your hips and swing your arms behind you **[B]**. Thrust your hips forwards and raise your torso until you're standing upright, letting momentum swing the weights up to chest level **[C]**. Repeat in a continuous swinging motion.



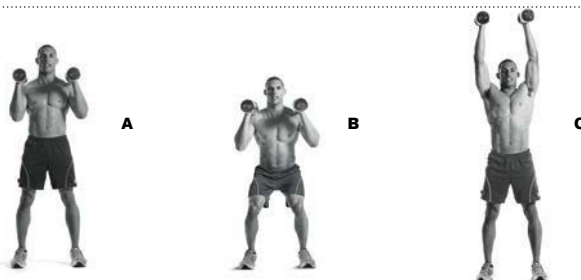
### 2/ DUMBBELL SINGLE-LEG STRAIGHT-LEG DEAD LIFT

Grab a pair of dumbbells with an overhand grip and let them hang at arm's length in front of you. Lift your right leg a few centimetres off the floor behind you **[A]**. Keeping your right leg in line with your body, lower your torso until it's almost parallel to the floor **[B]**. Return to the starting position without letting the toes of your rear foot touch the floor. Repeat for 10 seconds; switch legs.



### 3/ INVERTED ROW

Secure a bar at waist height and grab it with an overhand, shoulder-width grip **[A]**. Initiate the move by pulling your shoulder blades back, and then pull with your arms to lift your chest to the bar **[B]**. Pause, then slowly lower your body back to the starting position. If you don't have an adjustable bar, do a dumbbell row instead.



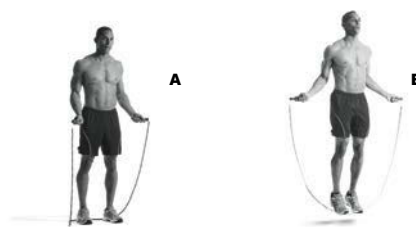
### 4/ DUMBBELL PUSH PRESS

Hold a pair of dumbbells just outside your shoulders with your arms bent and palms facing each other. Your feet should be shoulder-width apart and your knees slightly bent **[A]**. Bend your knees **[B]** and explosively push up with your legs as you press the dumbbells overhead **[C]**. Slowly lower the dumbbells back to the starting position.



### 5/ PLANK STEP-UP

Assume a push-up position facing a low step (any type of sturdy raised platform will do). Your body should form a straight line from your shoulders to your ankles **[A]**. Move one hand at a time up onto the step **[B]** and then back down again.



### 6/ SKIPPING

Hold the handles of a skipping rope and stand with your arms at your sides and the rope resting on the floor behind you **[A]**. Swing it in an arc over your head and down towards your feet, jumping over it by pushing off with the balls of your feet and pointing your toes down as you leave the floor **[B]**. Land softly, never letting your heels touch down.





**STRONG AND  
LEAN IN 90 DAYS**

# Phase 2: Sizzle and Chisel

This four-week total-body fat torcher will boost your strength in a hurry and fire up your metabolism all day long

TRAINERS KNOW THE KEY TO SCULPTING A LEAN, CHISELLED PHYSIQUE: CONSISTENCY. YOU NEED TO PUSH YOUR LIMITS a few times a week, every week, with workouts that intensify as you grow stronger. If you followed last month's training plan - Phase 1 in our 90-day transformation series - you're on the right track. "You've probably noticed an increase in your work capacity, or the number of reps you can do in a given amount of time," says Robert dos Remedios, strength and conditioning coach. "Expect that trend to continue this month but with even greater fat loss and strength gains. Skipped Phase 1? "You can jump right in with this month's plan," says Dos Remedios. "But you'll get the best results if you go back and start with the first phase."

## ► PERFECT THIS MOVE: HALF TURKISH GETUP

The half Turkish getup is seen as a core exercise, but it's far from an isolation move. "It works everything – shoulders, hips, back, core, arms and so many other muscles you never even think of," says Dos Remedios. "It's about as complete a full-body exercise as you'll find." That also makes it more complex than moves with narrower target areas. Follow these tips to pull off this comprehensive muscle builder with perfect form.



### Keep Your Eye on the Weight

The key to the exercise is to push the weight straight up. "If you don't keep your eye on it, it will get away from you," says Dos Remedios. "You'll push it forwards or let it dip backwards, and then it's all over." Don't let the weight control you.



### Roll onto Your Forearm

"The biggest mistake I see people make is trying to sit straight up," says Dos Remedios. Instead, fire your core and roll up onto your opposite elbow and forearm. Now you're in a position to push the weight up as you raise your torso off the floor.



### Slide Your Hand Backwards

"You want to punch the weight as high as you can, by sliding your hand back to where your elbow had been," Dos Remedios says. Doing this also achieves full extension of your thoracic spine, improving upper-body mobility.



### Don't Lift Your Foot off the Floor

"Keeping the foot of your bent leg on the floor helps distribute the load more evenly," says Dos Remedios. "Pressing your foot into the floor fires up more muscles, like your glutes and hips, giving you more strength and power."



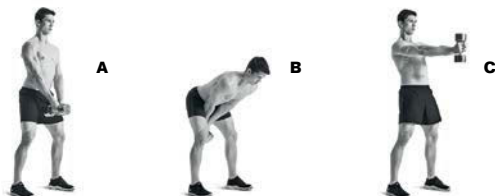
## PHASE TWO

# Sizzle and Chisel

### DIRECTIONS

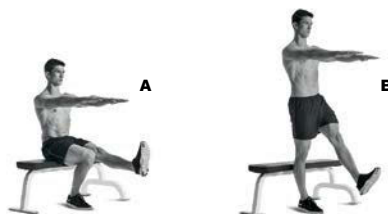
Alternate between workouts A and B each week, allowing one day of rest between them. For instance, if you do Workout A on Monday, do Workout B on Wednesday, A again on Friday and B on Sunday. Do each exercise for 30 seconds, resting 30 seconds before moving on to the next one. For each workout, complete the entire circuit of six exercises four to six times total.

## WORKOUT A



### 1/ DUMBBELL SWING

Hold a dumbbell in both hands in front of your waist, knees slightly bent **[A]**. Without changing the bend in your knees, push your hips back, hinge forwards and swing the weight between your legs **[B]**. Keeping your arms straight, thrust your hips forwards, straighten your knees and swing the weight to chest height **[C]**. Swing it back between your legs and repeat.



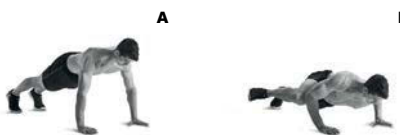
### 2/ SINGLE-LEG SQUAT

Sit on a bench or chair with your lower back naturally arched. Hold your arms out in front of you at shoulder level and raise your left foot off the floor **[A]**. Without leaning forwards, push your body up to a standing position **[B]**. Sit and repeat with your other leg. Continue, alternating legs.



### 3/ DUMBBELL ROW

Grab a pair of dumbbells, bend at your hips and knees and lower your torso until it's almost parallel to the floor. Let the dumbbells hang at arm's length from your shoulders with your palms facing back **[A]**. Pull the right dumbbell to the side of your torso **[B]**. Lower it and repeat with the left arm. Continue, alternating sides.



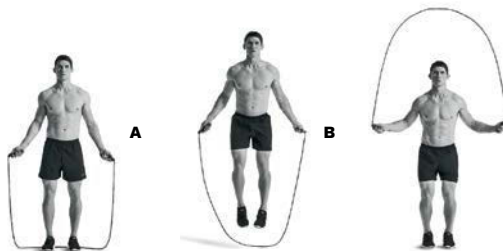
### 4/ SPIDERMAN PUSH-UP

Assume a push-up position with your arms straight and your hands slightly wider than your shoulders **[A]**. As you lower your body, lift your right foot and try to touch your knee to your elbow **[B]**. Reverse the movement, and then push back up to the starting position. Alternate legs with each rep.



### 5/ HALF TURKISH GETUP

Lie with your left leg bent and right leg straight, holding a dumbbell in your left hand straight above your chest, arm straight **[A]**. Prop yourself up on your right elbow **[B]**. Straighten your right arm and slide your hand back to where your elbow had been **[C]**. Reverse the move to return to the starting position. After 30 seconds, rest and repeat on your other side.



### 6/ SKIPPING ROPE

Hold the handles of a skipping rope and stand with your arms at your sides and the rope resting on the floor behind you **[A]**. Swing it in an arc over your head and down towards your feet. Jump over the rope by pushing off with the balls of your feet and pointing your toes down as you leave the floor **[B]**. Land softly, never letting your heels touch down **[C]**.

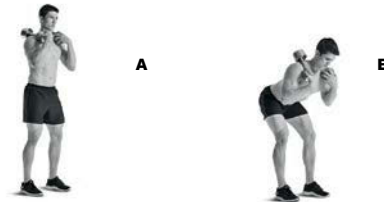
► Prepare to test your staying power. “This month, in Phase 2, you’re going to spend more time working and less time resting,” says Dos Remedios. The payoff: even faster progress toward your goals. “Don’t be surprised if a stronger, leaner man starts staring back at you in the mirror,” says Dos Remedios. “And if you like the results you’re seeing now, just wait until you get to Phase 3 next month.”

## WORKOUT B



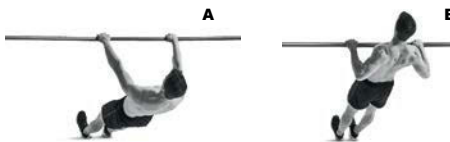
### 1/ SPLIT JUMP

Place your hands on your hips and assume a staggered stance with your feet 60 to 90 centimetres apart, right foot forwards. Lower your body as far as you can [A]. Now jump, scissor-kick your legs in the air [B] and land with your left leg forwards [C]. Continue, alternating back and forth.



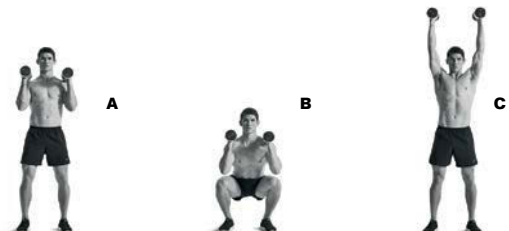
### 2/ DUMBBELL GOOD MORNING

Grab two dumbbells and position them so that the handles rest on your shoulders. Grasp the front ends of the dumbbells and stand with your knees slightly bent and your feet hip-width apart [A]. Without changing the bend in your knees, hinge at your hips and lower your torso until it’s almost parallel to the floor [B]. Pause, and return to the starting position.



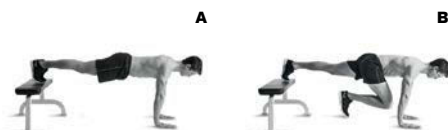
### 3/ INVERTED ROW

Secure a bar at waist height. Slide underneath and grab it using an over-hand, shoulder-width grip so you’re hanging at an angle with your body in a straight line and heels on the floor [A]. Use your arms to pull your chest to the bar, keeping your shoulder blades back [B]. Pause and slowly lower yourself to the starting position. No bar? Do a dumbbell row.



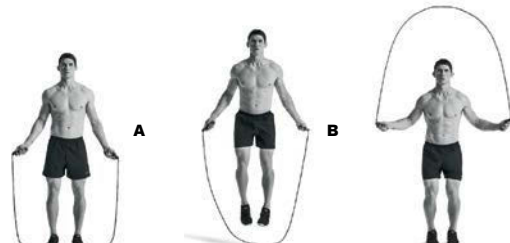
### 4/ DUMBBELL SQUAT AND PRESS

Hold a pair of dumbbells just outside your shoulders, palms in, and stand with your feet shoulder-width apart [A]. Lower your body until your thighs are at least parallel to the floor [B]. Push up explosively with your legs as you press the dumbbells overhead [C]. Return to the starting position and repeat.



### 5/ FEET-ELEVATED MOUNTAIN CLIMBER

Assume a push-up position with your arms straight and your feet elevated on a bench or chair [A]. Lift your right foot off the bench and bring your knee as close to your chest as you can [B]. Return to the starting position and repeat with your other leg. Continue, alternating sides.



### 6/ SKIPPING ROPE

Hold the handles of a skipping rope and stand with your arms at your sides and the rope resting on the floor behind you [A]. Swing it in an arc over your head and down towards your feet. Jump over the rope by pushing off with the balls of your feet and pointing your toes down as you leave the floor [B]. Land softly, never letting your heels touch down [C].



**STRONG AND  
LEAN IN 90 DAYS**

# Phase 3: Maximise Your Muscle

Complete your transformation with this 30-day plan to boost fat loss, build strength and reveal your best body ever

CONGRATULATIONS: YOU'VE REACHED THE HOME STRETCH OF YOUR 90-DAY TOTAL-BODY UPGRADE. BUT DON'T EXPECT TO cruise to the finish line. "You're going to turn up the dial on your training with heavier weights and complex combo moves that will tax your muscles and push your limits," says Robert dos Remedios. And with greater effort comes greater reward - in the form of rock-hard muscle on a frame that's already been chiselled by Phases 1 and 2. (If you haven't completed those phases yet, you can download them free at [mh.co.za](http://mh.co.za)). "It's okay to start with Phase 3," says Dos Remedios, "but each phase builds on the one before, so the greatest gains come from doing them in order." And once you've finished all three, you'll never again have to wonder what it feels like to be in shape.

## ► PERFECT THIS MOVE: SINGLE-ARM INVERTED ROW

Think of the inverted row as a chest press for your back. But in addition to hitting the muscles of your middle and upper back, it also targets your core. "It's like getting two exercises for the price of one," says Dos Remedios. "And when you do it with one arm, the challenge to your core becomes even greater." In short, you take a killer exercise and make it even tougher. Follow these tips to master the technique and accelerate your gains.



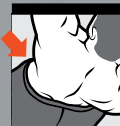
### Start with Your Working Arm Perfectly Straight

The shoulder of your working arm should be directly below the hand gripping the bar. "The load is greatest in that position," says Dos Remedios. "And returning to it at the end of each repetition will give you a full range of motion."



### Use Your Feet

Unlike the standard inverted row (done with legs straight), the single-arm version is done with knees bent and feet flat on the floor. "That makes the load manageable," says Dos Remedios. "I don't know anyone who can do this exercise with good form while keeping their legs straight."



### Brace Your Core

The goal here is stability. "If you don't engage your core, you'll find it more difficult to maintain control," says Dos Remedios. "You also won't get the full benefit of the exercise. You'll hit your upper back, but your core won't come into play as much."



### Go Above the Bar

Reach for the ceiling with your free hand as you raise your chest to the bar. "Think of that arm as a helper," says Dos Remedios. "A lot of guys don't realise how hard this exercise is, and reaching for the ceiling with your free hand will offset some of the load and help you maintain your balance."



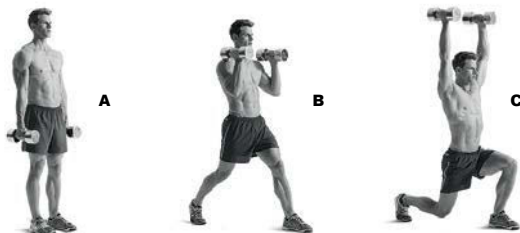
PHASE THREE

# Maximise Your Muscle

## DIRECTIONS

Alternate between workouts A and B each week, allowing one day of rest between them. For instance, if you do Workout A on Monday, do Workout B on Wednesday, A again on Friday and B on Sunday. Do each exercise for 30 seconds, resting 30 seconds before moving on to the next one. For each workout, complete the entire circuit of six exercises four to six times total.

## WORKOUT A



### 1/ HAMMER CURL, LUNGE AND PRESS

Hold a pair of dumbbells at arm's length at your sides, palms in. Place your feet hip-width apart **[A]**. Simultaneously step forwards with your left leg and curl the weights **[B]**. Then press the weights overhead as you lower your body into a lunge **[C]**. Push yourself back to the starting position and lower the weights. Repeat, alternating sides, for a total of 8 reps per leg.



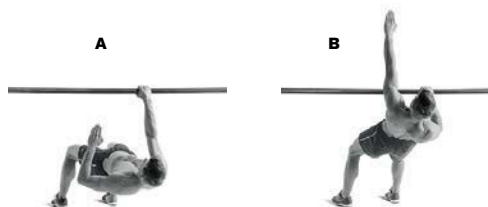
### 2/ DUMBBELL BULGARIAN GOBLET SPLIT SQUAT

With both hands, cup one end of a dumbbell in front of your chest, elbows pointed down, and place the top of your right foot on a bench behind you **[A]**. Lower your body as far as you can **[B]**, and then push back up. Do 8 reps, switch legs and repeat.



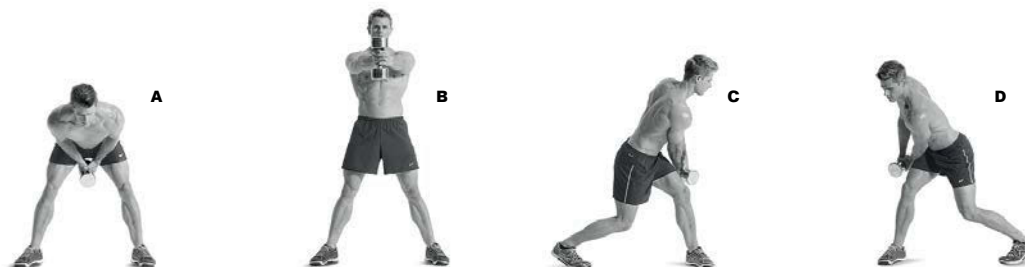
### 3/ PUSH-UP AND ROW

Assume a push-up position with a dumbbell in each hand **[A]**. Lower your body until your chest is a few centimetres from the floor **[B]**. Push back up and row your right hand to the side of your chest **[C]**. Return your right hand to the floor. Repeat, this time rowing with your left hand. That's 1 rep.



### 4/ SINGLE-ARM INVERTED ROW

Secure an adjustable bar at waist height and position yourself underneath it. Grab the bar in your right hand with an overhand grip, keeping your left hand free. Your feet should be flat on the floor below your knees **[A]**. Pull your chest to the bar with your right arm as you reach towards the ceiling with your left **[B]**. Do 8 reps, switch arms and repeat.



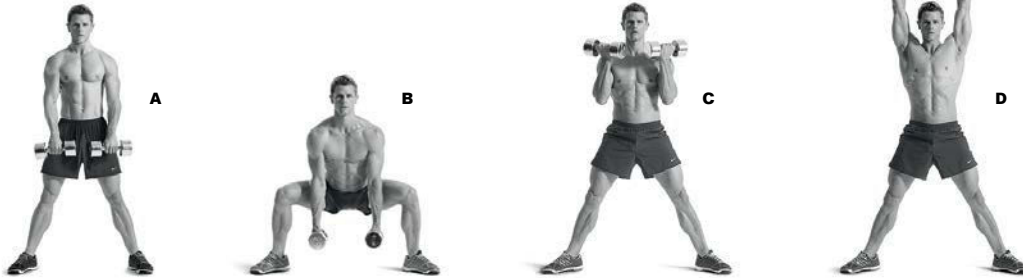
### 5/ THREE-WAY DUMBBELL SWING

Hold a dumbbell in both hands in front of your waist, feet shoulder-width apart. Push your hips back and swing the weight between your legs **[A]**. Keeping your arms straight, swing the dumbbell up to chest level as you

rise to a standing position **[B]**. Pivot and swing the dumbbell to the outside of your left thigh **[C]**. Swing it back up to chest level, down between your legs, up to chest level again and then down to your right **[D]**. That's 1 rep.

► During Phases 1 and 2, you probably discovered muscles you never knew you had. “Now you’re going to pack on even more lean mass by increasing the loads,” says Dos Remedios. You’ll also change to more traditional circuits, focusing on reps instead of timed sets. “But still keep track of how long the workout takes,” he says. “You want to average a minute per exercise, and that’s including rest.”

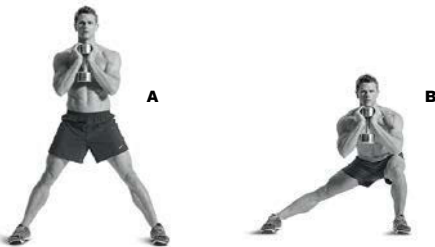
## WORKOUT B



### 1/ DUMBBELL SUMO SQUAT AND PRESS

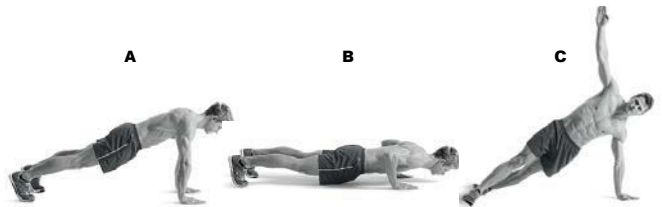
Stand holding a pair of dumbbells at arm's length in front of you with your feet twice shoulder-width apart **[A]**. Lower your body as far as you can by pushing your hips back and bending your knees; the dumbbells should nearly touch

the floor **[B]**. Simultaneously push yourself back up to a standing position and curl the weights to your shoulders **[C]**. Once you're upright, press the weights directly overhead **[D]**. Lower them and repeat.



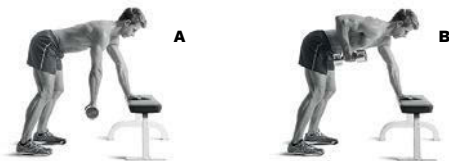
### 3/ GOBLET SIDE SQUAT

Hold a dumbbell vertically in front of your chest, cupping one end in both hands. Set your feet twice shoulder-width apart **[A]**. Keep your right leg straight as you squat to your left **[B]**. Rise back up and repeat to your right. Continue alternating. Do 8 reps per side.



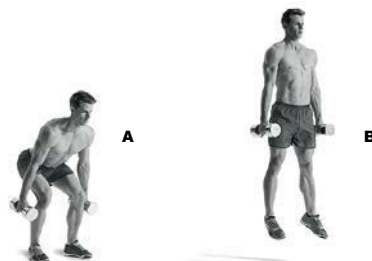
### 4/ T-PUSH-UP AND HOLD

Assume a push-up position with your hands slightly beyond your shoulders and your arms straight **[A]**. Lower your body until your chest nearly touches the floor **[B]**. As you push yourself back up, rotate the right side of your body up as you raise your right arm straight towards the ceiling **[C]**. Pause, and return to the starting position. Alternate sides with each rep.



### 5/ STANDING DUMBBELL SINGLE-ARM SUPPORTED ROW

Grab a dumbbell in your right hand and place your left hand on a bench in front of you. Let the dumbbell hang at arm's length, palm facing backwards **[A]**. Keeping your elbow tucked, row the weight to the side of your body and rotate the dumbbell so your palm faces inwards **[B]**. Return to the starting position. Do 8 reps, switch sides and repeat.



### 6/ DUMBBELL JUMP SQUAT

Grab a pair of dumbbells and let them hang at your sides, palms in. Keeping your back naturally arched, bend your knees **[A]** and jump explosively as high as you can **[B]**. Land softly on the balls of your feet and lower your heels to the floor. Reset as quickly as you can, bend your knees and jump again.





"THERE ARE VERY FEW  
THINGS THAT YOU CAN  
CONTROL TOTALLY IN  
YOUR LIFE. ONE IS  
YOUR BODY: THAT'S  
WHERE YOU BEGIN"

# CRAZY FIT

Shaun T's workouts have rebuilt the bodies and lives of millions of men. you can be next. Just don't call it a New Year's resolution

BY OLIVER BROUDY

PHOTOGRAPHS TURE LILLEGRAVEN

▼

IT'S ALWAYS THE SAME. A FAT  
NEW YEAR ROLLS UP LIKE SOME  
SWAGGERING DEBT COLLECTOR.  
YOU REACH DEEP INTO

your pocket for whatever you've got to offer - a weight-loss resolution or a vow to wake at 5am for a run. (Ha! Yeah, right.)

Then you hit March and nothing has changed, and you stand there feeling like a total failure.

"I never make New Year resolutions," says Shaun T, 36, creator of the *Insanity* workout. This is mainly, Shaun explains, because a year - the 365-day interval itself - has nothing to do with the actual time your body needs to change or your mind's ability to stay focused.

"You hear a New Year resolution in the first week, then you hear nothing about it ever again," he says.

If you want to change your body and your life, Shaun T claims to know a better way. And he can point to a rabid fanbase - and over R4-billion in DVD sales - to prove it. Ever since Jane Fonda's *Workout* and Greg Smithy's *Buns of Steel* hit the shelves back in the 80s, home exercise videos have primarily targeted women. But much like shows about cooking - another domain that was once the exclusive purview of women - that's changing fast.

"More men are starting to participate in group workouts, and guys are buying fitness DVDs now too," says Chris Freytag, a senior consultant with the American Council on Exercise. This is partly because people started wanting to combine strength and cardio in the same workout. "Everything used to be very choreographed, very routine-oriented," explains Freytag. "Now, group fitness is boot-campish. It's more circuits, more intervals. It's athletic driven, movement driven."

Fair enough. But let's be honest: even without the unitard, video workouts still don't come easy to most guys. After all, we don't want to be just anyone's puppet, twitching our limbs to their tune.

If you want to lead us, you need to prove that you are worthy. So how are we supposed to know Shaun T is worthy?

The fact is, we don't. For all we know he could be just another fraud with a bumpy stomach, cashing in on our glorious reserves of low self-esteem.

But that's why we're flipping the script. Anyone who's ever signed up at a gym has been through a fitness test.

Now it's the trainer's turn.

ROUND

## The Test

As he stands before the counter of a Dunkin' Donuts in Mesa, Arizona, not far from the airy three-bedroom home that overlooks his flourishing fitness empire, Shaun T runs his eyes over the racks of sugary confections.

Some things you can't look at too closely. Because if you do, your worst impulses may be aroused. In time, you learn to shepherd your gaze.

Not Shaun T.

He doesn't steer away from temptation.

"I love doughnuts," he says. "I'm not going to eat lettuce for the rest of my life." His typical move: order three and eat a quarter of each.

Why is this relevant, you ask? Well, because it points to the central riddle of fitness: how can you be tough enough on yourself that your goals actually count for something, yet easy enough that you don't lose heart before you achieve them?

Shaun T's answer to this riddle is the first thing that sets him apart from many famous trainers.

"You don't have to be perfect," he says. "The only thing I care about is if you dig seriously deep."

It's a line that's familiar to anyone who has worked out to Shaun T's videos - especially *Insanity*, the cornerstone of his, um, oeuvre.

It all began in 1992 with the tall, bald New Jersey state trooper who coached the Deptford High running team. Sonny Anderson was one of those classic coaches, the kind of dude who never cracked a smile even if you lapped the competition.

Shaun T had played other sports. But running required a self-awareness and inner focus that resonated with him. Even today he uses some of Coach Anderson's lines - like the one about pretending to hold a potato chip between your thumb and forefinger to keep your body relaxed.

"I created *Insanity* 100% from my first day of track and field," Shaun says.

That first day began with a 1.6km run, then drills - mummy kicks, high-knees, Heismans, butt kicks. Then stretching.

"I was like, this is easy," Shaun T says. "And the coach is like, 'That was just the warm-up. Get on the track. Eight 400s with a 30-second rest.'"

Seventeen years later, Shaun replaced the run with a series of 30-second aerobic warm-ups, and the 400s with intensive two-minute intervals of push-ups, frog jumps and whatever else he could think up.

"And right there you have *Insanity*," he says. No weights, no equipment. "You're not pushing a dumbbell. You're pushing yourself. Your body is your equipment."

Most Shaun T workouts entail a 60-day commitment - a stretch of time that's far less likely to end in apathy or burnout than your typical January vow. ("Sixty days is just the right amount of





OBJECTS IN  
THE MIRROR ARE  
CLOSER THAN  
THEY APPEAR

The image of pudgy university Shaun Thompson is seared in Shaun T's memory. He uses it for motivation, and he advises people trying to lose weight to remember their "before" self. "It's what helps you begin the journey, and it can help you stay committed. People ask, 'What's more important for weight loss: diet or exercise?' The answer: neither. It's your mind that's most important."





## WHAT'S YOUR READINESS TO CHANGE?

PICK A BEHAVIOURAL GOAL, LIKE EXERCISING THREE TIMES A WEEK OR DROPPING 5 KILOS. THEN ANSWER THESE THREE QUESTIONS ON A SCALE OF 1 (NOT VERY) TO 10 (VERY)



HOW IMPORTANT IS IT THAT YOU CHANGE THIS BEHAVIOUR NOW?



HOW CONFIDENT ARE YOU THAT YOU CAN DO THIS?



HOW READY ARE YOU TO DO THIS?

IF YOU ANSWERED MOSTLY...

### 1s, 2s AND 3s

You're unsure if it's right for you or even helpful.

#### IMPROVE YOUR READINESS

Focus on the three most valuable reasons why you want to make this change. Figure out what's really important to you right now.

### 4s, 5s AND 6s

Something is holding you back.

#### IMPROVE YOUR READINESS

Cut out the negativity surrounding your goal, like not having enough time or willpower – these thoughts undermine your confidence.

### 7s, 8s, 9s AND 10s

You're committed to a new behaviour.

#### IMPROVE YOUR READINESS

Dial in the specifics: a good goal is accessible, acceptable and effective. It can't be a complete 180 from your current lifestyle.

SOURCE: CARLO DICLEMENTE, PROFESSOR OF PSYCHOLOGY, UNIVERSITY OF MARYLAND

time to keep your attention," he says. "Thirty days is not enough to see amazing results.")

The goal, says Shaun, is not a perfect, model body, but peak physical condition. After all, everyone is different. And our bodies always change over time. Your 20-year-old self will not look the same as your 50-year-old self. But everyone has a peak physical condition.

And there's one other thing that everyone has in common – regardless of age, weight or current state of fitness. "You know that moment when you feel you can't do one more, but somehow you get there?" Shaun says. "Everybody has that."

Here you see the democratic spirit that animates the Shaun T approach. It doesn't matter who you are. Even the lithe young gods you see populating his fitness videos occasionally reach their limit and stagger to the sidelines. And they're not faking it, Shaun insists.

"I don't care how fit you are. If you work as hard as you can work, you're going to get tired."

Partly this is due to the heterogeneity of the exercise. Unlike machine workouts, which isolate specific muscle groups, Shaun T's workouts involve such a broad range of motion that it's hard to settle into them. You're constantly hustling to adjust and keep up – and this ensures that the red zone, where real sweat (and real transformation) happens, is always close at hand. In other words, you don't need to run 10km to reach it.

But the ultimate measure of these workouts is how they leave you feeling. The first week or two kind of suck. But after that, you begin to notice a new lightness, as if a wet cloak has been cast off. Mentally you feel clearer, like a window rubbed free of fog.

And then one day it happens. Eventually, no matter where you are, like maybe in the middle of a meeting or standing in a lift, you're overcome by this strange urge... Like more than anything, you just want to hit the floor and crank out some push-ups. And unless you happen to be alone at the time, you have to restrain yourself.

It's a weird moment because suddenly you feel like a different person. It's as if the skedonk you were driving suddenly changed into a Maserati.

## ROUND

# 2

## The Workout

Every morning he leads a workout for his own tight-knit, tight-bodied crew: Scott, president and COO of Shaun T, Inc. (and his husband); Danielle, the "Sh\*t Thinker Upper"; and Darren, the tech guy. Danielle and Darren, who are engaged, live two houses down; they swing by for the workout and then stick around to brainstorm new directions for Shaun T Fitness.

The vibe: friendly, casual. The dress code: shaved chest or sports bra, shorts. Most of the strategising takes place in the kitchen, overlooking the pool. Laptops clutter the kitchen table. The coffee machine squeezes out another cup of chocolate-glazed-doughnut coffee. The fridge is stocked with boxes of protein bars, cartons of coconut water, orange juice, vegetables and packages of ground chicken and turkey. It's hard to keep food in the house because they travel so much, but Shaun prioritises cooking meals.

It's an unusual setup, but it suits Shaun. Authenticity is important to him, which is why he designs all his own workouts. "If I'm doing something someone else created, I feel a disconnect," he says.

Now, with the workout about to begin, the four gather in the gym, a repurposed study next to the living room. This much Shaun knew when he bought the place: he wanted to bring fitness into the physical space of his life.

"All right, guys," Shaun says. "Get ready. Tabata style. Sixteen rounds, four moves each circuit."

He's no drill sergeant, overplaying his authority to conceal the relative lack of it. He never quite orders you to do something. Instead he says stuff like, "I'm right there with you," and, "You can do it." At times, he can sound a bit like a big-hearted air traffic controller telling a terrified 12-year-old how to land a burning plane.

"I'm your biggest fan," Shaun T will say. It's almost like he carries this image of you in his head that only he can see. The person you could be. You know, like the "after" picture in all those fitness infomercials. This is his superpower, to accompany his Justice League muscles.

Here he has us at a disadvantage, because he can also see the dudes we are now. But what of his "before" picture? Who was Shaun T before he was Shaun T?

The answer is Shaun Thompson. He wasn't always going to be an exercise guy. At first he wanted to be the next Anderson Cooper. But 20 kg stood between him and this particular fate. He gained the weight his first year of university, the usual fairy-tale story: kid who grew up hungry is given a magic food card that lets him order as much as he wants from the local pizza place.

Next comes the mirror moment, looking up one morning to find a disturbingly familiar fat guy staring back at him. The fitness regimen that restored the fat guy to his prior self was so gratifying that Shaun decided to switch his major to health and fitness. Here's where the story starts to take off. Two years out of university, fleeing an asshole ex, he flies to Los Angeles to visit some friends. A guy he knows at a car rental company gets him some wheels, which lets him take a class at a famous L.A. dance studio.

At the studio, they like his style enough to refer him to an agency around the corner that's holding auditions.

Twenty minutes later he's getting down with 200 other applicants to Outkast's "The Way You Move"—a song groovy enough to kick off almost any career. A few weeks after that he's watching clothes spin at the laundromat, when an unknown number pops up on his cellphone.

We know how these stories go. It always seems so damn easy, as if a divine hand were clearing a path. It's not just the agency thing. Like, somehow, within two months of moving to Los Angeles, Shaun is introduced to Kathy Smith, a titan of the fitness video world who, yeah, decides to take him under her wing.

Within a year he has appeared on the HBO show *Six Feet Under*, and someone from the gym where he's working connects him to another guy, who choreographed for Michael Jackson, and then this guy hires him for *The Ten Commandments*, the musical.

Then he's discovered by Beachbody, one of the biggest fitness video companies, and they hire him to produce *Hip Hop Abs*. Next comes *Insanity*, in which Shaun formulates his approach to intensive interval training. *Insanity: The Asylum* follows hot on its heels, adapting the Insanity model to optimise athletic performance. And then *Focus T25*, which compacts the Insanity workout into a shorter time frame. And most recently, *Insanity Max 30*, his most intense programme ever. Today Shaun T's net sales stand at around 10 million DVDs.

Shaun T tries not to be surprised by life's vicissitudes. He shrugs and quotes Wyclef Jean: when you're rolling to the carnival, anything can happen.

It's a tiny bit disingenuous. Highly successful people are often reluctant to take credit for their own success. Why tempt fate? "I just happened to be at the right place at the right time" is one line you hear a lot.

But even if you happen to be at the right place at the right time, you might be doing the wrong thing, and good fortune could still pass you by. If Shaun T hadn't seriously rocked that exercise class, for instance, would that gorgeous woman working at the front desk still have introduced him to one of Michael Jackson's choreographers?

Maybe. Then again, maybe not.

It takes you back to that tricky question of what you can and can't control in your life. But this is what you learn from the Shaun T story: There's always going to be some stuff you don't control, and some stuff you kind of control. And then there are the very few things that you totally control. So that's where you want to begin.

And this is exactly what Shaun T did. He began with his body. Thus the importance of "digging deep". "Because," Shaun T says, "if you do that with your body, you do that with your life."

## ROUND

### 3

## The Core

So far, so good. But even if we know where Shaun T comes from, we still don't know what drives him. If you listen carefully, you hear hints along the way. Like when he declares that everything starts and finishes with the core. Sure, he's talking abs. Shaun T has the best abs in the business. Mariah Carey picked him as a backup dancer on the basis of a single shirtless photo. (You can almost picture that slim fingertip tapping the glossy image.)

But ultimately it goes deeper than a six-pack.

"When I tell you to use your core, it's a double meaning," says Shaun T, as he pilots his red sports car back from a tennis lesson one morning. "It's 'Use your core,' but this thing has to come from the core of you."

It's this inner core that Shaun T calls on whenever he's trying to motivate. "Every time I shoot a video," he says, "I fill my soul up with every struggle I've ever had, because I have to tap into myself to get you to understand. That's why I'm there for you. That's why I tell people: I'm your biggest fan." And as the car leaps forward on the wide desert street, you begin to see where Shaun T is coming from.

For him, there's a link between invoking the deepest, strongest part of himself—his "core"—and the deepest, strongest part of the people he wants to inspire. People like you. It's an emotional experience, he'll say. In fact, he may be the only trainer whose own classes give him goosebumps. One line in particular from the *Insanity* videos still manages to choke him up whenever he hears it: The stronger you get, the better you'll feel.

Why this line? And what struggles, exactly, does he summon to fill up his soul? Certainly gaining and losing 20 kg must have been a struggle. But enough to explain this level of passion? Okay, here goes.

"I was molested for four years as a kid," Shaun T says. Yeah. There you have it: Shaun's core—not the abuse, but the strength he found to cope with it. He won't say who did it. But he was 8 years old when it started. And for those four years, and many years afterwards, he bore the weight of the secret.

"I can compartmentalise the sexual abuse," he says. "I was more worried about what would happen if I were to say something. Because I can handle what happens to me. But how is it going to roll over to affect my entire family? Like, the pain that everyone else would go through?"

In this way, at age 8, Shaun T became protector of all who were dear to him. A premature adult, tasked with bearing the piano weight of what had been done to him.

And then one day, at age 21, he walked up the steps of his grandparents' house. And his mother was there. And he said, "You know what, Mom? I need to talk to you."

"For that whole time," he says now, "I had to suppress my entire life. Once I realised what it felt like to live, and to be out of that space, I refused to have anything be a barrier to me ever again."

## ROUND

### 4

## The Cooldown

This concludes Shaun T's fitness test. Now we know where he's coming from. What his core is. And why he doesn't hold back.

Meanwhile, a new year has arrived. A time for taking stock. A time to ask the question, Why do we hold back? Is it just because we're lazy? Or because we fear that if we crank it up, we won't be able to sustain it? That we will, inevitably, disappoint ourselves?

Or maybe we just can't figure out how to get our full force into the game. And so we settle for a body, a job, a life that uses the barest fraction of what we have to offer.

This is where a guy like Shaun T could be useful. Because when he says dig deeper, he's reminding you: just because no one has asked doesn't mean you don't have more to offer. Shaun T asks for it.

For him, that habit of totally going for it, whatever the context, has itself become a kind of celebration. It's a way of popping the cork and throwing the confetti every damn day of the year.



# THE NEW INSANITY WORKOUT

**WARNING: THE FOLLOWING WORKOUT MAY CAUSE EXTREME sweating, uncontrollable grunting and intense muscle burn. Repeated exposure can result in rapid fat loss, accelerated muscle growth and a daily workout obsession. "There's only one word to describe it: *insane*," says trainer Shaun T, who designed the workout based on the principles of his new fitness DVD, *Insanity Max:30*. "I took the same exercise volume I had in the original *Insanity* programme and condensed it," he says. "Instead of going for 45 to 60 minutes, you'll be done in 30 or less - but they'll be the toughest 30 minutes you've ever done." The key to the programme's effectiveness is a Tabata-style high-intensity interval training (HIIT) protocol involving short periods of lung-busting work alternated with even shorter periods of rest. "It's all about going as hard as you can until you need a break, such as modifying an exercise to make it easier or pausing to catch your breath," says Shaun. "Mark down when that happens - each workout is a test - and every week you'll see yourself getting stronger, leaner and fitter."**

## DIRECTIONS

Do the workout three times a week for 30 days with at least 24 hours of rest between sessions. Do 4 sets of each move in the order shown. For each set, go hard for 20 seconds and rest for 10 seconds. Rest 30 seconds between each round.

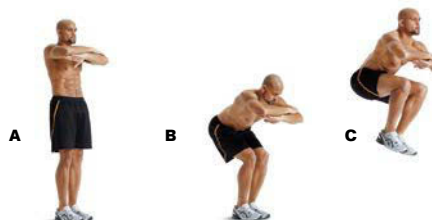
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1



## 1/ PUSH-UP JACK WITH SHOULDER TAP

Assume a plank position and lower your chest until it nearly touches the floor [A]. Push up explosively, spreading your feet and touching your left shoulder with your right hand [B]. Lower and repeat, this time touching your right shoulder with your left hand. Continue alternating.



## 2/ GENIE TUCK JUMP

Stand tall with one forearm stacked on top of the other in front of your chest [A]. Push your hips back and bend your knees in preparation to jump [B]. Spring off the floor, jumping as high as you can while tucking your knees towards your chest [C]. Land softly and repeat.



## 3/ PUNCHING ABS

Sit with your butt and heels on the floor, knees bent and torso at a 45-degree angle. Clench your hands, bringing your right fist to your side and extending your left fist in front of you [A]. Now punch forward with your right and pull your left to your side [B]. Continue alternating.



## 4/ SWITCH KICK PUNCH

Assume a fighter's stance with your left foot forward [A]. Kick with your right leg and punch with your left fist [B]. Switch legs and arms, jump kicking with your left leg and punching with your right fist [C]. Continue alternating without returning to the starting position.

ROUND NO.

2



### 1/ DIVE PUSH-UP

Assume a plank position and raise your hips so your body forms an upside-down V [A]. Drop your hips and simultaneously pull your body forward, lowering your torso until your chest is a few inches from the floor [B]. Reverse the move to return to the starting position. Repeat.



### 2/ 360 SQUAT

Stand with your feet beyond shoulder-width. Bend your knees, push your hips back and reach your arms between your legs, touching the floor with your fingertips [A]. Hop and turn 90 degrees to your right [B]. Continue to hop in place, clockwise. Change direction with each set.



### 3/ OBLIQUE KNEE TAP

Assume a side-plank position with your weight on your left forearm, your body straight and your right hand in front of your chest, palm facing your feet [A]. Touch your right knee to your right hand [B]. Return to the starting position and repeat. Switch sides with each round.



### 4/ JUMP CROSS

Assume a quarter-squat position with your feet shoulder-width apart, hands clenched and fists in front of you [A]. Spring off the floor [B]. When you land, immediately pivot left and throw a punch [C]. Reset and repeat, this time punching to your right. Continue alternating.

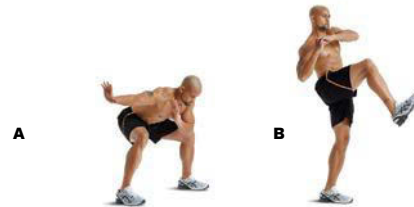
ROUND NO.

3



### 1/ PIKE-UP SPIDER LUNGE

Assume a plank position and raise your hips so your body forms an upside-down V [A]. Step forward with your right foot, bringing it next to your right hand [B]. Return to the starting position and repeat, this time bringing your left foot next to your left hand. Continue alternating.



### 2/ AB ATTACK

From a standing position, jump your feet apart and drop into a squat, reaching right [A]. Explode up, shifting your weight to your left leg and raising your right knee [B]. Repeat, this time reaching left, shifting your weight to your right leg and raising your left knee. Continue alternating.



### 3/ ALTERNATING TOE TAP

Assume a plank position with your feet together, arms straight and hands positioned below but slightly wider than your shoulders [A]. Touch your left foot to your right hand [B]. Repeat, this time touching your right foot to your left hand. Continue alternating.



### 4/ LOW SPLIT LUNGE

Assume a staggered stance with your left foot forward and both knees bent nearly 90 degrees. Raise your right arm in front of you and move your left arm behind you [A]. Hop just high enough to quickly switch leg and arm positions [B]. Continue alternating.





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# FUEL YOUR FAT LOSS!

PART 4

# How to Cheat and Lose Big

A too-strict diet can undermine your weight-loss efforts. To keep the kilos coming off, sometimes you need to break your own rules **BY LOU SCHULER**

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**EVERYBODY KNOWS HOW TO LOSE WEIGHT.** Eat less, move more, buy new jeans. What could be simpler? Except it's not really that easy. For one thing, weight loss isn't linear. The more you lose, the more your body fights back by slowing your metabolism and increasing your hunger. ■ That's why so many diets that start as New Year's resolutions are long forgotten by the time Oktoberfest rolls around. Logically, there's no reason why a diet should end with a single slip-up. What's the worst that can happen? It sets you back a day or two. If your goal is permanent weight loss, what you do six days a week should matter more than what happens on the seventh. ■ In fact, some in the field suggest that a good diet plan should include wiggle room. In other words, you should plan to give yourself an occasional break - in the form of a cheat meal.

EXPERTS  
SUGGEST THAT  
A GOOD DIET  
PLAN SHOULD  
INCLUDE  
WIGGLE ROOM





The most popular example is *Body for Life*. Author Bill Phillips advised readers to follow his strict high-protein, low-fat plan 6 days a week and then use the seventh as a “free day” to eat whatever they wanted. Pizza, pancakes, “a Big Mac or two for lunch” – it was all on the table. Those free days, Phillips wrote, “May help convince your body that it is not starving.” But even more important is the psychology behind a break. “You don’t want to create standards you can’t meet,” he added.

The 12-week *Body for Life* programme was put to the test in a Skidmore College study. Even with 12 days of anything-goes eating, people on the programme reduced their daily kilojoules by 29% and lost an average of 5kg. But something interesting happened along the way: “Many of the participants grew out of the free-day eating plan early

on,” says study author Paul Arciero, a professor of health and exercise sciences at Skidmore. After the first couple of weeks, they were happy with a single cheat meal or an occasional dessert rather than a full day without rules.

Although it was impossible to say whether the call to cheat was crucial to the participants’ success, Arciero was intrigued; he decided to follow up with several longer-term studies. What he’s finding could lead to new and less militant weight-loss strategies. Answer these questions and outsmart the flab monster.

#### ■ Do Cheaters Win by Losing?

A Brown University study estimated that 80% of overweight people who drop at least 10% of their body weight regain some of it within a year. So it’s reasonable to ask if a diet that includes some kind of

release valve – a way to fudge on the plan without giving up entirely – might work better than one that doesn’t. *Men’s Health* nutrition adviser Alan Aragon points out that a strict all-or nothing approach to dieting has been linked to such problems as overeating, weight gain and anxiety.

Conversely, people who take a more flexible approach (i.e. slip up occasionally but then quickly jump back on track) may have more success. The goal is what researchers call “flexible restraint”, or the ability to stick to the plan most of the time without forcing yourself to refuse cake on your birthday. But that still doesn’t answer the question of whether a planned cheat meal works better than waiting for your urges or the environment to sneak up and blindsides you with a plate of nachos or a litre of ice cream.

## NIGHT OF THE LIVING DIET

**Late night snacking isn’t always a recipe for disaster. If legitimate hunger strikes after 10, making the right choices could mean potential benefits, according to researchers**



#### MORE MUSCLE

In research published in *Medicine & Science in Sports & Exercise*, scientists in the Netherlands discovered that consuming casein (the dominant protein in milk) after an evening workout but 30 minutes before sleep increased protein synthesis in men.



#### FASTER METABOLISM

A study from Florida State University found that when fit men eat a modest (625-kilojoule) night-time snack consisting of protein or carbohydrates, they have a higher resting metabolic rate in the morning than when they consume nothing at all before bed.



#### LESS HUNGER

Having a snack before bed may leave you less hungry in the morning and improve satiety between meals the next day, according to my lab’s research. The type of food didn’t matter, but emphasizing protein is smart because it helps you build muscle.



#### LOWER WEIGHT

Having Seinfeld’s favourite food – breakfast cereal – may be an ideal way to end the day. In a Wayne State University study, people who ate cereal before bed lost roughly 1kg in 4 weeks, while people who didn’t have the cereal lost about 230g.

– MICHAEL ORMSBEE

WHEN YOU LOSE  
WEIGHT YOUR BODY  
FIGHTS BACK BY  
INCREASING YOUR  
HUNGER LEVELS



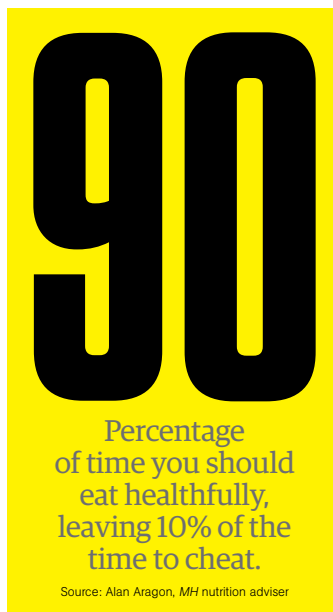
### ■ Who Needs to Cheat?

"If your body fat is really high, then you don't need a cheat meal," says Shelby Starnes, a nutrition coach and bodybuilder who has spent the past seven years working with average Joes and elite lifters. "You can probably go weeks without one." How high is "really" high? If you're under 90kg and your waist is 91cm or larger, then you're probably at least 20% fat, which suggests you've enjoyed quite a few cheat meals already.

The guy who most needs to cheat is the one who's doing exhausting workouts while adhering to a strict diet. "It's like a gas tank you've emptied," Starnes says. "You use cheat meals when you're depleted and your metabolism starts to drop a little bit." A slowing metabolism is an obvious handicap to someone trying to lose weight: you have to do more to accomplish less. But it's just one of the problems you hit when your diet is working.

"When people diet, they over-restrict their carbohydrates, fat or both," Aragon says. Severe fat restriction, especially when it eliminates most saturated fat, may lower testosterone levels, Aragon says, while a low-carb diet could reduce levels of thyroid hormone. Lower T would make it harder to retain muscle while shedding fat. Less thyroid hormone may slow fat loss. Two other hormones could also be affected: leptin, a hormone related to satiety, declines significantly when you restrict kilojoules, while ghrelin, a hunger-inducing hormone, rises.

Strategic cheating could reset all four hormones to optimal levels and boost your metabolism. But it's important to note that no new research has examined the effect of cheat meals on these factors. So we looked at older studies of over-feeding and underfeeding to see what happened. The answers aren't always what we expect. For example, a 1986 study in the journal



*Metabolism* found that lean people's resting metabolic rates increased when they ate too much. But obese people's rates did not rise, a result that supports Starnes's point: cheat meals tend to work better for relatively lean guys who are trying to become even leaner. But even that may be a stretch.

"The rise in metabolism doesn't last that long, and the increase in kilojoules probably won't be offset," says Michael Ormsbee, an exercise and nutrition scientist at Florida State University. Cheat meals may work best for weight loss only if the non-cheating part of your diet cuts kilojoules enough to give you an overall deficit.

### ■ What Are the Best Cheat Foods?

You choices should depend on what your diet has depleted, Aragon says. If you've been curtailing your fat intake, you want a high-fat cheat. If you've been going low-carb, then you want a high-carb

cheat. But all that is irrelevant if you crave something specific. "The psychological impact of depriving yourself of food you like can really sabotage you," Aragon says. "It gives the power to the food and takes the power away from the dieter." In other words, just eat what you want and enjoy it.

### ■ When is the Best Time to Cheat?

Although weekends may seem perfect for nutritional anarchy, they're actually the most dangerous time. "You can spin out of control if your cheat meal stretches out to a full day or weekend," warns Ormsbee. Dinner is the ideal cheat meal because it's the easiest one to contain, says Starnes. But he cautions to eat for no longer than 45 minutes. He also recommends having your cheat meal the night before your toughest workout. The extra kilojoules, combined with your improved mood, can make that training session more productive.

### ■ How Often Should You Cheat?

Starnes supports one cheat meal a week, but Aragon's approach is more nuanced: eat right 90% of the time, and leave 10% of kilojoules for cheating. He offers three options:

- ▶ One huge indulgence a week: "8 000 to 12 500 kilojoules of pure junky goodness."
- ▶ Two 4 000- to 6 250-kilojoule meals a week.
- ▶ The most popular option: a small indulgence daily. "For most guys, this boils down to 800 to 1 250 kilojoules."

Arciero's research points to the same conclusion. "The cheat foods were embedded with healthy meals. It's a very effective adherence strategy," he says. It also suggests a new weight loss paradigm: it's okay to have something fun every day. After all, you aren't cheating on your diet as much as following it.



STRATEGIC CHEATING  
COULD REST YOUR  
HUNGER HORMONES  
AND BOOST YOUR  
METABOLISM



# Burn Fat Sitting Down

Relax into a leaner position using these 10-second tips. The key to all-day weight loss is in your seating plan



## KEY



### METABOLISM BOOSTS

Backside fat blasters



### EATING CHEATS

Chew on this to take a load off



### SEATED WORKOUTS

Don't get off that thing

#### 1/ Beet a Retreat



University of Exeter researchers found that the nitric oxide in beetroot improves circulation immediately, so eat one after lunch to back up your metabolism. Beetroot ramps up alertness and makes your evening gym session 20% more effective.

#### 2/ The Desktop Six-Pack



Turn clearing your emails into a workout. "On your seat's edge, tense your abs, lean back, lift your feet and hold it for 10-second bursts," says Joakim Christofferson, author of *Nano Workouts*. Twice daily for a week has the effect of a full abs session.

#### 3/ Pepper the Fat



"If you have to be stuck in a chair all day, you need your metabolism firing as fast as it can," says nutritional scientist Christine Bailey. "Cayenne pepper is the best condiment to accelerate it. Keep it in your drawer; shake it on everything (yes, everything).

#### 4/ Expand in Vein



Keep a stash of macadamias at hand - new research has found that they're the most effective snack to maintain a healthy circulatory system. They're also high in protein, which keeps your blood sugar level steady, warding off the post-lunch carb binge.

### 5/ Hit Stress in the Neck



Cortisol sends you snack hunting. Flush it from your system by tilting your head back. Boston University found that the neck is a pressure valve; roll your head 10 times to lower your blood cortisol - and desire for the cookie jar.

### 7/ Posterior Chain Reaction



Weight loss doesn't have to be a pain in the backside. By tightening your glutes 50 times consecutively, you'll give your body a growth-hormone spike. Prep for a client meeting and your cheeks will squeeze on their own.

### 9/ Worship Standing Up



Sacrificing time at the altar of *FIFA15*? Then stand for the second half. Juststand.org reckons we burn over 400kJ more by getting up off the chair every few minutes\*. Bonus: you'll also burn up any glucose in your bloodstream.

### 15/ Chair Lifts



Need a lift? Smash through kilojoules with five sets of these. Trap your feet under the seat to fix your position, then move your chest to your knees. To feel some real benefits, do 10 reps at a time... but preferably when your boss isn't looking.

### 6/ Use Your Gut, Lose It



Seek out the citrus. An orange a day keeps your digestive enzymes in good form, reducing your body's fat storage. Keep them cool in the fridge, and you'll improve nutrient availability by 20%. Now, orange you glad we told you that?

### 8/ Target the Root Cause



Add fresh ginger to white fish. It aids circulation - vital if you're sitting eight hours a day. "Put a couple of slices in a container with some fish and microwave for six minutes," says Bailey. It makes fish smell more office-friendly too.

### 10/ Stretch to Burn

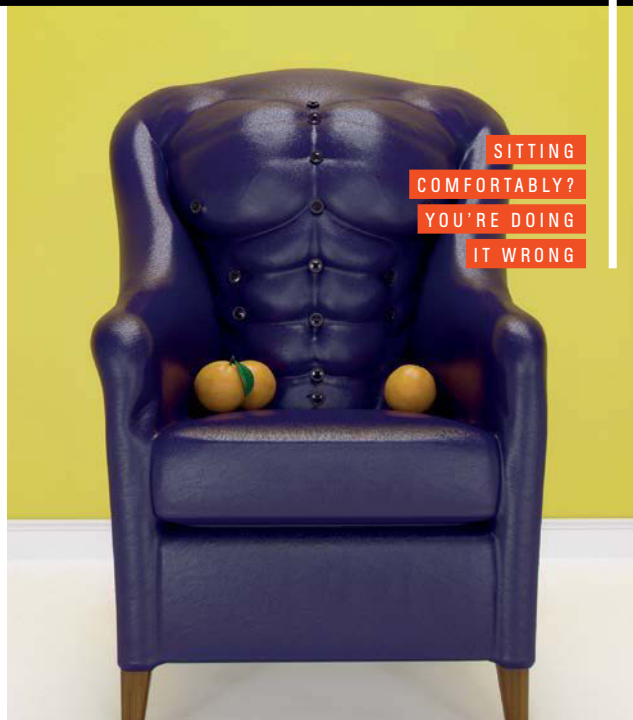


While seated, reach down to the outside of your left foot with your right hand and gently pull up. Then the other side. Staying supple this way will keep your muscles awake, fend off back pain and keep your metabolism switched on.

### 14/ Raise the Bar



Calf raises are the best exercise to get your heart pumping while seated. Place a weight on your thighs (your gym bag will work) then go onto the balls of your feet, contracting your calves for 20 reps. That's another 250kJ wasted.



### 11/ Under-the-Counter Remedy



To burn energy on the sly, do leg extensions under your desk. Sit up straight and tense your abs. Lift a leg out to hip-level, foot pointing skywards. Hold the position for 10 seconds and switch. Once every two hours and you've spent another 50kJ.

### 13/ Revive Dead Time



"See every moment you don't have to look at the screen as an opportunity," says Martin Gibala from McMaster University. If you're on the phone for over an hour, just grab something and rep out a few arm extensions. The office stapler will do fine.

### 12/ Fear Fitness



Struggling to choose a DVD this weekend? Invite Jack Nicholson over and say nope to a Crunchie's worth of kilojoules. A University of Westminster study found that people watching classic horror *The Shining* burned 770kJ during the film.

### 16/ Learn the Double Dip

Grab your arm rests, lift your feet slightly off the ground and engage your stomach muscles. Press down with your hands to raise your body up off the chair, until your arms are straight. Hold, then lower into the chair. Repeat until your next email.

## ROW, ROW, ROW YOUR CHAIR

The most entertaining deskercise you can try, the bicep row burns off a heavy lunch over a week - and works even better in competition with the colleague next to you. Perform 20 twice a day



01 / Place your hands on the desk and hang on with your thumbs. Appoint an intern as "cox".



02 / Slowly push your chair back using only your arms until your head is between your arms.



03 / Pull yourself back slowly for an isometric contraction that pumps out growth hormones.

# Surprise Superfoods

These seven once-forbidden foods can actually help you lose weight

BY RACHEL MELTZER WARREN



You want to shed some kilos, and immediately your personal list of no-no's grows. No bread or potatoes - too many carbs. No chocolate - too fattening. Sound familiar? ■ Diets don't have to be so strict, says dietician Milton Stokes. In fact, forbidding certain foods can backfire. "Thanks to fad diets that aren't based in solid science, I often see clients avoiding foods that would help them control overeating or fight belly fat and ultimately lose weight," he says. "Worse still, having an off-limits list is like stuffing your cravings into a plastic bag. Eventually it's going to burst open, unleashing all your urges at once, which leads to bingeing." The real key to weight loss? "Mind your P's and Q's - watch portions and choose quality, nutrient-rich foods," says Sari Greaves, a national spokesperson for the American Dietetic Association. Here's how the top foods typically dismissed by dieters can help you happily slim down.

YES, YOU CAN  
HAVE PASTA AND  
LOSE WEIGHT







#### ■ Cheese

**GREAT SOURCE OF CALCIUM, WHICH BURNS KILOJOULES**

At about 418 kilojoules and five out of every 28 grams being fat, cheese usually tops the no-no list, but its calcium improves your ability to burn kilojoules and fat, according to a recent research review. Not getting enough of this mineral may trigger the release of calcitriol, a hormone that causes the body to store fat. Scientists at the University of Tennessee found that people on a reduced-kilojoule diet who included an extra 300 to 400 milligrams of calcium a day lost significantly more weight than those who ate the same number of kilojoules but with less calcium. Scientists aren't exactly sure why,

but eating calcium-rich foods is more effective than taking calcium supplements - and cheese has about 7 milligrams to every gram. Just stick to 55g portions, and choose light varieties to get the same health benefits for half the kilojoules.

#### ■ Bread

**CONTAINS CARBOHYDRATES, WHICH BOOST BRAIN CHEMICALS THAT CURB OVEREATING**

Bread is an excellent source of carbs, which your brain needs to produce serotonin, a neurotransmitter that promotes feelings of comfort and satisfaction, says Dr Nina T. Frusztajer, a physician who specialises in nutrition and is co-author of *The Serotonin*

*Power Diet*. "As your body digests carbohydrates, it releases insulin, which helps channel tryptophan - an amino acid - into the brain. Tryptophan then gets converted to serotonin," she explains. When serotonin levels are optimal, you feel calm and happy and have fewer cravings; when they're low, you feel depressed and irritable, making you more likely to overeat. Breads containing whole grains are healthiest, and one serving equals one slice of bread, half an English muffin or a small roll.

#### ■ Peanut Butter

**RICH IN HEALTHY FATS THAT HELP BANISH BELLY FLAB**

Studies show that diets high in monounsaturated fatty acids (abundant in peanut butter and nuts) prevent accumulation of fat around the midsection, boost kilojoule burn, and promote weight loss. In fact, people who eat one serving of nuts or peanut butter two or more times a week gain fewer kilograms than those who rarely eat them, according to recent research from the Harvard School of Public Health. One reason: `snack that includes peanut butter helps you stay full for up to 2½ hours, compared with 30 minutes for a carb-only snack such as a rice cake, finds research from Purdue University. (Carbohydrates satisfy a craving, while nuts keep you feeling full.) Peanut butter and nuts are high in kilojoules, so stick with a 2-tablespoon portion - about the size of a golf ball.

#### ■ Pasta

**A HIGH FLUID CONTENT KEEPS YOU SATISFIED LONGER**

Cooked pasta and rice are about 70% water - and eating fluid-rich foods keeps you fuller longer, compared with dry foods, according to research from the British Nutrition Foundation. Like bread, the carbs in pasta boost serotonin to help curb overeating. The proper

portion of pasta is ½ cup cooked, or about the size of an ice cream scoop. Choose whole grain varieties for filling fibre, and add grilled chicken and lots of veggies to bulk up your dish even more.

### ■ Potatoes

PROVIDE A FORM OF RESISTANT STARCH, A FIBRE THAT BURNS FAT

These veggies may be one of our most misunderstood foods. Fried or doused in sour cream, they're not going to help you lose weight. But when boiled or baked, a potato's starch absorbs water and swells. Once chilled, portions of the starch crystallize into a form that resists digestion-resistant starch. Unlike other types of fibre, resistant starch gets fermented in the large intestine, creating fatty acids that may block the body's ability to burn carbohydrates. In their place, you burn fat. A healthy potato serving is about the size of a fist.

### ■ Fruit

SOOTHES A SWEET TOOTH NATURALLY FOR FEW KILOJOULES

Some dieters skip this low-kilojoule fare when they start watching the scale, thanks to once-popular diets that eliminated fruit in their most restrictive phases. But new research published in the journal *Obesity Reviews* looked at 16 different studies and found overwhelmingly that eating fruit is associated with weighing less. In one study from Brazil, participants who added three small apples to their regular meals and snacks lost 5kg in 10 weeks without dieting. Although fruit does contain the natural sugar fructose, it doesn't raise blood sugar levels like table sugar does; plus, it's high in water and filling fibre and low in kilojoules. Aim to add three servings of fresh fruit to your daily menu - but skip the high-kilojoule juice. Great picks (with average kilojoules per cup): fresh melon (209), grapes (251), berries (293) and citrus fruits (314).

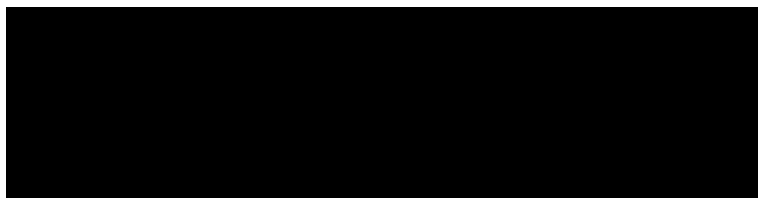


### ■ Dark Chocolate

SATISFIES A COMMON CRAVING TO PREVENT BINGEING

Up to 97% of people experience cravings, and chocolate is the most common and "intensely" craved food, according to a recent study. Having an occasional small serving of a favourite treat is better than depriving yourself, which may lead to a binge, says Greaves. In fact, people who tried to not think about chocolate ate two-thirds more of it

than people who were told to talk about it freely, according to British research. Dark varieties are more satisfying than milk chocolate, say scientists at the University of Copenhagen, but measure your portion, and be mindful when you eat. Slowly savouring one or two squares of a high-quality dark chocolate bar will satisfy a craving more than wolfing down a box of Smarties in front of the TV.





# Eat Clean Prep Dirty

It's a truism that a great physique starts in the kitchen, but keep taking culinary shortcuts and your progress will falter. To see the biggest changes to your body, you need to get physical with your food. So roll up, get hands on – and work out

BY EMILY BADIOZZAMAN

PHOTOGRAPHS DAN MATTHEWS

DESPITE OUR fondness for *MasterChef*, we spend half as much time in the kitchen now as 30 years ago. There are two reasons why this is bad. One: it likely means more plastic-packed junk on your plate. Two: you're missing out on a killer workout. There are major advantages to getting your hands dirty in the kitchen. The University of Birmingham found taking time to prepare your meals from scratch cuts your kilojoule intake by 50%. And the harder you work for your dinner, the beefier its benefits. Expand your repertoire with help from some of the finest chefs. Go on – your body will savour it.



# 1/ Mince Your Way to Lean Mass

IF YOU WANT TO LOOK CUT,  
PICK UP A CLEAVER. THIS  
DIY MINCE BEATS THE  
STORE-BOUGHT STUFF FOR  
FLAVOUR AND BENEFITS

## GINGER PIG BURGERS

By Tim Wilson

500G FILLET STEAK

500G RUMP STEAK

1TBSP BONE MARROW

4 MIXED-GRAIN BUNS

4 RASHERS STREAKY BACON

RED ONION AND TOMATO

A burger made from cheap off-cuts and gristle can be as offensive to the palate as it is oppositional to your gym goals. Generally, this includes anything you'll find in a supermarket freezer, so for a superior patty, you need to make it yourself. Mincing your own means more texture and flavour, plus leucine, which triggers the mTOR pathways that control the use of energy to increase muscle growth in your arms.

On a wooden board, halve the steaks a few times with a cleaver, then vigorously chop, working your forearms in the kitchen equivalent of a high rep, low resistance workout. When the meat is minced, mix in the marrow by hand. Make four patties and whack them on a smoking pan for two minutes each side. No need for oil: the meat releases its own fat. Slide onto buns and top with bacon and salad. "High-GI bread releases insulin, which enhances muscle repair and, in turn, definition," says nutritionist Drew Price. Your arms will soon look as lean and beefy as your dinner.

SERVES 4

2845  
kilojoules

87g  
protein

25g  
fat

27g  
carbs



### AMIGO ACID

These have twice the leucine  
(i.e. twice the muscle gain) of  
a shop-bought burger







### BANG FOR BUCK

The creatine in one serving of venison makes up a third of your 3g RDA

SERVES 4\*

1384  
kilojoules

33g  
protein

10g  
fat

19g  
carbs

## 2/ Hammer Home Big Gains

KILO FOR KILO, NOTHING  
BEATS VENISON FOR A HIT  
OF BULK-BUILDING  
PROTEIN. DIG OUT YOUR  
MALLET: IT'S HAMMER TIME

### VENISON PAILLARD

By Mike Denman

4 x 140g VENISON, STEAKS, HAUNCH OR LOIN  
A BUTTERNUT SQUASH, PEELED AND CUBED  
A RED CHILLI, DICED  
2 TBSP CORIANDER, CHOPPED  
2 TBSP PUMPKIN SEEDS, TOASTED  
2 TBSP SHERRY VINEGAR  
1 TBSP RAPESEED OIL

Not only will pummelling a slab of buck meat with a mallet make you feel like Chris Hemsworth, but it'll give you Thor-esque upper arms too. "Leaner than beef and boasting more protein, venison also packs unrivalled levels of creatine, to switch on muscle growth," says Price. So a pounding of flesh will help your biceps and shoulders grow to heroic proportions.

Place each steak inside a Ziploc bag and smack them down to 1 cm thick. Once you're done taking out the day's stress on your haunch, roast the squash at 200° until soft, then set aside to cool. Throw the other ingredients into the roasting pan along with the squash and shuffle to coat the lot in oil. Season your hammered meat and stick it in a hot pan, flash-frying the venison to keep it pink. Serve with the butternut squash and salad leaves – a feast fit for a Norse god.

GOT GAME?  
MAKE MINE A  
BAMBI SHANK  
FOR A HEFTY  
IMPACT





### SPELT OUT

12 min of kneading provides  
the same kJ-burn as a  
12 min jog (480kJ)

## 3/ Roll Out for Fuel

KNOCK UP A BATCH OF  
MUCH-KNEADED  
POST-CARDIO CARBS

### SPELT ROLLS

By Roy Levy

450g WHOLEGRAIN SPELT FLOUR

10g FRESH YEAST

30g HONEY

1½ TSP FINE SEA SALT

TRAY OF ICE CUBES

SERVES 16

502  
kilojoules

4g  
protein

1g  
fat

22g  
carbs

One thing they don't show you on the Royal Baking Powder tin is that baking is sweaty work. Put your back into it, and kneading dough can burn almost as many kilojoules as a 2km run. After that effort, you'll need a low-GI energy source to restock supplies, but keep your blood sugar stable: its name is spelt. "This grain is lower in glucose than wheat, so it helps performance in the long run," says Price. Energy efficiency made tasty.

Pile up the flour on your countertop, create a crater in the centre and fill it with the yeast, honey and 300ml of cold water. Sprinkle the salt around the dent and stir in a circular motion around the middle to mix, bringing in flour from the sides to form dough. When it all comes together, vigorously knead for 12 minutes. Use the ball of your hand to squash the dough - stretch it away

from you, then bring it back into a ball, flip it 90° and repeat. A few minutes of this should take your heart rate well into the kilojoule-burning zone. Fortunately, two rolls will provide a quarter of your RDA of fatigue-fighting iron, so your energy levels should start picking up again as soon as you've tucked in.

Leave the dough to rest under a damp tea towel for two hours, then roll it into 16 balls. Place them on a floured baking sheet and cover with an inflated bin bag for another two hours, until they double in size. Finally, dust with a bit more flour and snip halfway through the middle of each roll with sharp scissors. Bake at 200° for 15 minutes, and place the ice cubes in a tray at the bottom of the oven - the rising steam will help the buns to form a perfect crust. You have now truly worked for your bread and butter.



GET STUCK IN TO  
AN ARMS WORKOUT  
THAT WON'T LEAVE  
YOU SAW



### THE BARE BONES

Saw at a 45° angle over the  
counter edge, using a wet  
towel to help grip

## 4/ Bone Up on Power

RAID YOUR TOOL BOX TO  
CREATE A STARTER THAT  
PACKS A LIGAMENT-  
NOURISHING PUNCH AND  
BUILDS YOUR GRIP  
STRENGTH IN THE PROCESS

SERVES 4

2594  
kilojoules

51g  
protein

42g  
fat

4g  
carbs

### ROAST BONE MARROW

By Fergus Henderson

4 VEAL SHINBONES

BUNCH FLAT LEAF PARSLEY

2 SHALLOTS, VERY THINLY SLICED

HANDFUL CAPERS

1 LEMON, SQUEEZED

SPLASH OLIVE OIL

WHOLEMEAL BREAD

Make no bones about it, there's hard evidence for the benefits of marrow - it's nutritional gold. The prep, while quite strenuous, is worth it. "The soft fat has compounds essential to the production of collagen, for tendon and ligament health," says Price.

Take a (clean) hacksaw to the ends of the bone to create a tube, and saw off 5cm chunks. Put the bone chunks in an ovenproof frying pan and cook at 200°, hole-side down,

for 20 minutes. The centres should be loose, but not dissolving.

For your side salad, chop some parsley and toss with shallots and capers before dressing with a squeeze of lemon and olive oil. Toast some bread, top with the glutinous goodness and add a sprinkle of sea salt.

It's harder on your grip strength than a load of muscle-ups but you're on the straight and marrow to physical triumph.



# 5/ Grind Down On Body Fat

TURN CURRY NIGHT  
INTO A SIX-PACK  
SESSION WITH THE  
HELP OF MESSRS  
PESTLE AND MORTAR

## TIGER PRAWN CURRY

By Barry Vera

**1 TBSP EACH** CUMIN SEEDS, CORIANDER SEEDS, BLACK PEPPERCORNS, GARAM MASALA, BLACK MUSTARD SEEDS, TURMERIC, GINGER

**1 TSP EACH** GROUND CINNAMON, SEA SALT

**3** CARDAMOM PODS

**20** CURRY LEAVES

**3** RED CHILLIES, DESEEDED, SLICED

**5** GARLIC CLOVES

**120ML** WHITE WINE VINEGAR

**150ML** COCONUT OIL

**2** ONIONS, CHOPPED

**2 TBSP** CURRY PASTE

**300ML** FISH STOCK

**2 TINS** COCONUT MILK

**24** TIGER PRAWNS, SHELLED

Curry's not just for winter evenings on the couch. The spice list may be longer than your CV, but the mix is a winning combination of metabolism-regulatory antioxidants. "Plus, the fats in coconut ramp up fat-burning by almost 20%," says Price. Dry-roast the spices, then tip into a pestle and mortar with the chilli and garlic. Grind for 10 minutes, keeping your feet still so the motion engages your abs. Slowly add the vinegar and half the oil and grind again. Fry the onions in the rest of the oil and add your paste, fish stock and coconut milk; simmer until thick. Throw in the prawns and cook on a low heat for three minutes. Don't let it boil or the prawns will harden. The only thing that should be firm is your core.

SERVES 3

**3280**  
kilojoules

**35g**  
protein

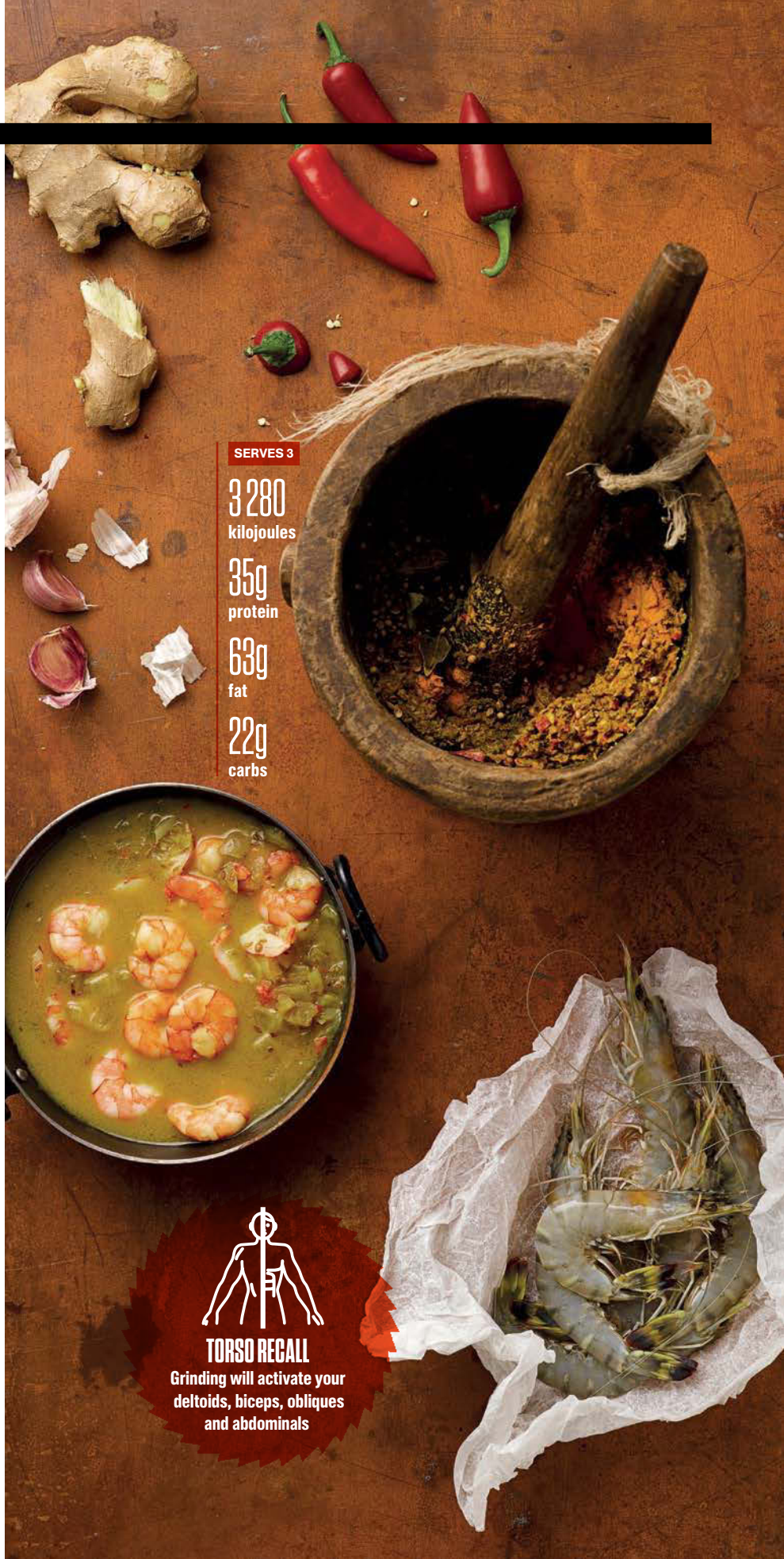
**63g**  
fat

**22g**  
carbs



### TORSO RECALL

Grinding will activate your  
deltoids, biceps, obliques  
and abdominals





# How Running Makes You High

Nature's incentive programme still isn't fully understood. Greg Gerdeman, an assistant professor of biology, explains the current theory

BY K. ALEISHA FETTERS

ILLUSTRATION MIKE MCQUADE



E

A



## 1/ YOU GET IN THE GROOVE

When you run past your comfort level (i.e. after 30 minutes at about 80% max heart rate), special cells secrete two mood modifiers: endorphins – which are opioids – and anandamide, which is similar to THC, the active ingredient in marijuana.



2/

## ENDORPHINS COME KNOCKING

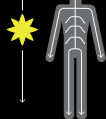
Your blood carries the two chemicals to your blood-brain barrier, the gatekeeper to your brain cells. Anandamide crosses easily. But endorphins are large and few make it in. No problem, though: your brain also produces endorphins. Both chemicals boost your mood – and perhaps your mileage.



3/

## BRAIN: "WHAT PAIN?"

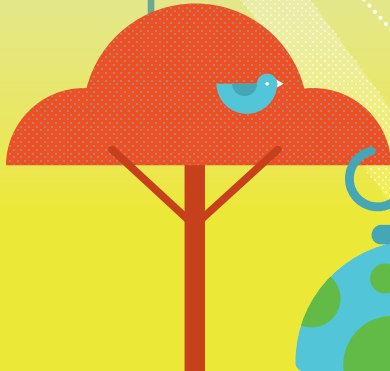
The two mood boosters are now tapped into your central nervous system, where they limit the signalling power of pain sensors called nociceptors that spread out from your spinal cord. Result: you don't realise how much your legs are burning.



4/

## ENDORPHINS KICK IN

The endorphins downshift your brain's prefrontal and limbic regions, which regulate your emotion and motivation. You begin to feel calm and comfortable. Then, as more endorphins reach these areas, you may even start feeling euphoric.



5/

## IT'S HIGH TIME

Anandamide triggers dopamine, a neurotransmitter that contributes to lust, pleasure and addiction. It also binds to cannabinoid receptors in your brain's pleasure circuit, where it sends bliss vibes for minutes or even hours. (And without the intense munchies!)





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